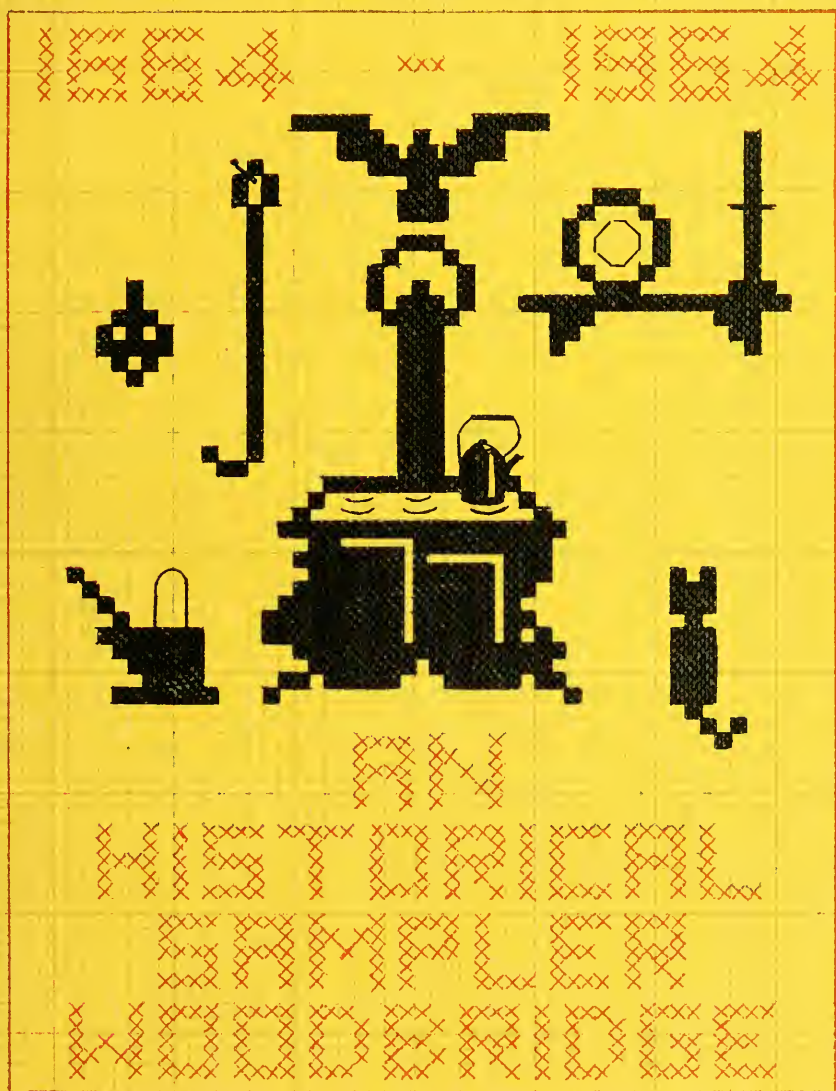


E. JOST


M. JOST



E. CARSTENSEN



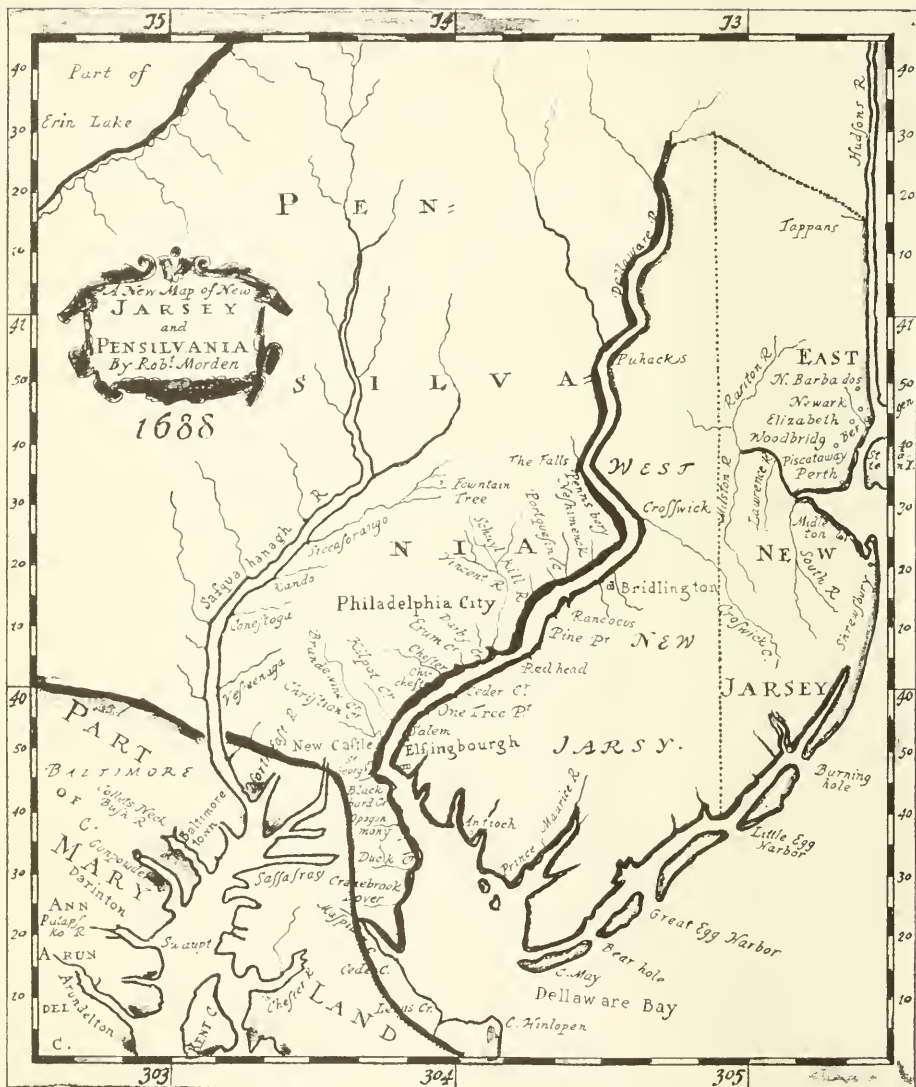




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AN  
HISTORICAL SAMPLER  
1664 - 1964



What's Cooking  
in  
Woodbridge, New Jersey

\* \* \* \* \*

Being a collection of  
old and new "receipts,"  
anecdotes and  
reminiscences,  
pictorial recollections  
of historic inns  
and taverns  
in the Woodbridge  
of yesteryear.

by

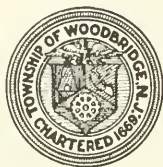
Edna Oberlies Jost and Margaret Krewinkel Jost

\* 1964 \*

# *Dedication*

## DEDICATION

Dedicated to the 300th Anniversary of the founding of Woodbridge, New Jersey, with gratitude to our forefathers who possessed the old fashioned precepts of love of God and love of Country. Their courage and integrity instilled in all who came after them a spirit of loyalty to our town which has become our sacred heritage.



PRINTED BY  
WOODBRIDGE PUBLISHING CO.  
WOODBRIDGE, N. J.





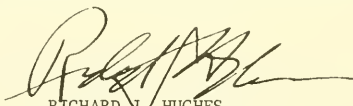
STATE OF NEW JERSEY  
OFFICE OF THE GOVERNOR  
TRENTON

RICHARD J. HUGHES  
GOVERNOR

I should like to commend those citizens whose efforts have made possible this somewhat unique project in conjunction with the Tercentenary celebration in Woodbridge.

This is a fitting manifestation of outstanding community spirit, and I am sure that your book will make for a great deal of interesting, informative and enjoyable reading.

It is my hope that that Tercentenary will mark the beginning of a brighter and more prosperous future for all of the people of Woodbridge.



RICHARD J. HUGHES  
GOVERNOR OF NEW JERSEY

July, 1964



# *Tercentenary Prayers*

## TERCENTENARY

## PRAYERS

### ROMAN CATHOLIC

Almighty God, Author of all blessings, we thank Thee for the many manifestations of Thy Divine benevolence upon the State of New Jersey and we beg Thee to assist by Thy Divine Grace all who dwell therein, that they may be worthy of Thy continued help, that this State may never fail to protect its legacy of liberty, justice, truth, and charity for all generations yet to come through Jesus Christ our Lord and Saviour.

(With Ecclesiastical Approbation)

### JEWISH

Eternal God who presidest over the destinies of men, unto Thee do we humbly lift our hearts in earnest prayer on the occasion of the Tercentenary of the founding of our great state. May we continue to merit Thy favor and Thy blessings by reason of our common devotion to the advancement of the well being of all our citizens by the promotion of justice and equal opportunity for all. Oh good and gracious God, vouchsafe unto us the blessings of prosperity and peace so that the years to come shall match and fulfill the promise of these three centuries past.



## PROTESTANT

God of the changing years, through three centuries Thou has blessed New Jersey with gardens and ocean waves, with industry and science, with church and school. In thy wisdom, Thou hast peopled our hills and plains with multitudes of thy children. In this Tercentenary year, we would humbly offer ourselves that freedom and justice for all may prevail in our state and in all the world. In the name of our Saviour we pray.

## EASTERN ORTHODOX

O Master, Lord our God, the source of life and immortality, the Author of all creation, who directs all things with Thy most wise providence. We thank Thee for Thy bounties which Thou has poured upon our State during the past three hundred years. Bless the coming years with Thy goodness; preserve our civil authorities and grant them progress in all virtues. Bestow Thy good things from above upon all Thy people. Protect our State from every evil assault, and grant unto us peace and tranquility that we may always ascribe thanksgiving unto the Father, and to the Son, and to the Holy Spirit.

The recommendation for the Tercentenary Prayers originated with the New Jersey Tercentenary Religious Advisory Committee. The prayers were written by members of the Committee.



## WOODBRIDGE, New Jersey

Hon. WALTER ZIRPOLO, Mayor

OFFICE OF THE MAYOR

ME 4.4500

### "WHAT'S COOKING IN WOODBRIDGE? NEW JERSEY"

The residents of Woodbridge this year are celebrating two birth-days--the 300th birthday of New Jersey and the 300th birthday of our community.

During these past years both Woodbridge and New Jersey have slowly become major progressive forces. However, both today stand on the threshold of even greater tomorrows.

However, neither one will be able to achieve its objectives unless the citizens of our community and state take an active interest in their government. In other words, our citizens must be interested in what their government is doing and must also develop and maintain a sense of pride concerning their state and their community.

I personally believe this can be done. In fact the interest that is being taken in the preparation of this book is proof of the fact that people can and do have civic pride.

In closing, please accept my best wishes for a successful project.

Sincerely,

*W. Zirpolo*  
Walter Zirpolo  
Mayor

MAYOR ZIRPOLO AND THE MUNICIPAL COUNCIL  
EXTEND 300TH BIRTHDAY WISHES TO  
WOODBIDGE AND NEW JERSEY

WALTER ZIRPOLO  
MAYOR

Council President:

ROBERT E. JACKS

Councilmen-at-Large:

ROBERT M. VOGEL

DR. RALPH P. BARONE

ROBERT SMITH

Ward Councilmen:

HAROLD MORTENSEN,  
First Ward

JOSEPH NEMYO,  
Second Ward

GEORGE YATES,  
Third Ward

THOMAS COSTELLO,  
Fourth Ward

JOHN FAY,  
Fifth Ward

# *My Kitchen Prayer*

## MY KITCHEN PRAYER

Bless my little kitchen, Lord,  
I love its every nook.  
And bless me as I do my work,  
Wash pots and pans, and cook.

May the meals that I prepare  
Be seasoned from above,  
With Thy blessing and Thy grace,  
But most of all Thy love.

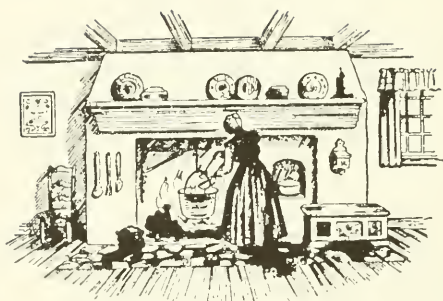
As we partake of earthly food,  
The table Thou hast spread,  
We'll not forget to thank Thee, Lord,  
For all our daily bread.

So bless my little kitchen, Lord,  
And those who enter in,  
May they find naught but joy and peace,  
And happiness therein.

Amen.

# *Table of Contents*

Beverages	
Cocktails	1
Punches	2
Tea, Coffee and Juice	10
Bread	
Yeast	16
Sweet	24
Biscuits	32
Buns	35
Waffles and Pancakes	37
Cakes	
Coffee	42
Sweet	48
Casseroles	
Macaroni	83
Meat	85
Poultry	87
Seafood	90
Vegetable	94
Cookies and Confections	97
Frostings and Fillings	114
Meats	124
Pies and Pastries	137
Poultry, Game and Accompaniments	148
Preserves and Relishes	156
Puddings and Desserts	165
Salads and Dressings	180
Sandwiches	187
Sauces	189
Seafood	191
Soups and Chowders	196
Vegetables	203
Out of the Past -	
Receipts and Remedies	213
Inns and Taverns of Historic Woodbridge	215
Acknowledgments	220
Index	222





# *Beverages*

## *Cocktails*

### PINK SQUIRREL COCKTAIL

1/3 Creme de Almond  
1/3 White Creme de Cocoa  
1/3 Coffee Cream



Mix in blender, or, shake in shaved ice. Serve in cocktail glass.

### WHITE MINK COCKTAIL



1/3 White Creme de Cocoa  
1/3 Dry Gin  
1/3 Vodka  
1/3 Coffee Cream

Mix in blender, or, shake well with cracked ice.  
Serve in cocktail glass.

Helen Van Tassel Ryan  
(Mrs. Patrick L. Ryan)

\* \* \* \*

"Just enough food and drink should be taken to restore our strength and not to overburden it."

Cicero

## *Punches*

At many festivities, weddings, teas, receptions, meetings of the Jeffersonian Club and the Woman's Club, Florence Dunigan Dunne (Mrs. James J. Dunne) served these delicious punches in her lovely home on Green Street.

\* \* \* \* \*

### FRUIT PUNCH

1 quart lemon juice  
(about 2 dozen lemons)  
1 quart orange juice

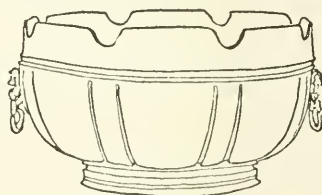
Put through food chopper:

2 cans sliced pineapple (large can)  
2 cans apricot halves (large can)

Mix together; add water and sugar to taste. Sliced oranges and cherries may be added.

### CHAMPAGNE PUNCH

Put 1 quart orange or pineapple ice in a bowl and pour 2 bottles chilled champagne over it. Stir and serve before orange ice is all melted.



Monteith Bowl, 1760

Jane Gerity Dunigan  
(Mrs. Maurice P. Dunigan)

## VERANDA PUNCH

A childhood memory of Hazel E. Fynn, aunt of Mrs. Estelle Fales of Woodbridge, is enjoying this summer drink - about 70 years ago - in Newark on her mother's front porch. Hence, "Veranda Punch".

\* \* \* \* \*

Juice of 3 lemons	1 cup tea infusion
Juice of 2 oranges	1 pint ginger ale
1/2 cup sugar syrup	1 pint charged water

Mix fruit juice and syrup. Add the hot tea. Cool. When ready to serve, add ginger ale and charged water. Garnish with thin slices of lemon and oranges.

## QUAKER DRINK

3 sprigs mint	Juice of 3 oranges
3 cups tea infusion	1/2 teaspoon powdered
Juice of 3 lemons	ginger
2 cups cold water	

Bruise mint. Pour tea over fruit juice. Mix ginger with 2 teaspoons hot water and the cold water. Mix all together. Chill.

Hazel E. Fynn

\* \* \* \*

To make a punch bowl float, place drained pineapple chunks, maraschino cherries (dried) and paper-thin half slices and wedges of fresh green lime in the bottom of an eight-ring ring mold. Barely cover the fruit with water and freeze until firm. Completely fill the ring with water and freeze solid. The ring will last a long time and continue to look attractive as the ice melts.

## RUM FRUIT PUNCH

1-1/2 bottles (fifths)  
Puerto Rican Rum (light)  
6 ounces pineapple juice  
10 ounces orange juice  
5 ounces lemon juice  
5 ounces lime juice

Steep for one hour. Add 2 quarts ginger ale (or soda). Pour over block of ice in bowl and stir. Decorate with lemon and lime slices. Serves 20.

## DAIQUIRI PUNCH ("Cocktails-in-a-Bowl")

Why be a pantry slave at your own party? "Cocktails-in-a-Bowl" lets you stay with your guests and enjoy yourself.

\* \* \* \* \*

1/5 light Puerto Rican Rum  
Juice of 9 lemons or limes  
6 tablespoons sugar

Stir vigorously and pour over ice cubes in a bowl. Stir again and serve in cocktail glasses. Serves 18.

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

\* \* \* \*

Sugar frost your glasses for festive, cool summer drinks by dipping the tops in orange, lemon or lime juice, or water, then in colored sugar. Chill in refrigerator until hard.

## POCAMINT PARTY PUNCH (Cranberry)



The bright color of this excellent and simple punch, and the one below, makes them suitable for the Christmas and New Year celebrations. On a buffet table, bowls of these punches make any occasion a gala one.

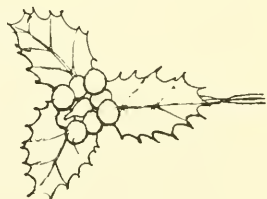
\* \* \* \* \*

- 1 quart apple juice
- 1 quart cranberry juice
- 10 7-ounce bottles ginger ale
- 2 trays ginger ale "ice" cubes

Chill fruit juices and ginger ale. Prepare ginger ale "ice" cubes by pouring ginger ale into 2 ice cube trays. Freeze. At serving time, combine cranberry juice and apple juice in a punch bowl. Slowly pour in ginger ale. Add "ice" cubes. Makes about 35 punch cup servings.

## EVERGREEN PUNCH BOWL

- 4 pints lime sherbet
- 12 7-ounce bottles ginger ale



Spoon 3 pints of sherbet into your punch bowl. Let sherbet soften at room temperature for about 5 minutes. Slowly pour in chilled ginger ale, stirring slightly in order to combine with sherbet. Float scoops of the remaining sherbet on top of the punch. Makes about 36 punch cup servings.

Edna Oberlies Jost  
(Mrs. Norbert S. Jost)

## CHERRY KIJAFI PUNCH

This recipe was given to me many years ago, with the following story:

At no time of the year is the punch bowl more in evidence than during the Christmas holidays. Then, as now, the "Wassail Bowl", a tradition which goes back for many centuries, has been, and still is, the symbol of good cheer as families gather to celebrate the holidays. This recipe for a light, delightful punch comes from Denmark.

\* \* \* \* \*

3 cans frozen orange juice concentrate  
3 cans frozen pink lemonade  
1 bottle Cherry Kijafa wine  
1 large bottle (1 pint, 12 ounces)  
    ginger ale  
1 large bottle (1 pint, 12 ounces)  
    club soda or sparkling water

Reconstitute both the orange juice and lemonade by adding water as directed. Combine with remaining ingredients in large punch bowl. Makes about 60 punch cup servings. So that punch will be as cold as possible, mix at last minute, using ice water to reconstitute frozen juice concentrates; then add 6 ice cubes. Garnish with thin slices of orange and sprigs of mint.

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)





In 1632 apple seeds were first imported from England and planted in the northeast part of the country. Apples from these original trees were used to make a crude but potable apple cider, which, at that time, became a rather popular New England drink. In 1698, William Laird, a County Fyfe Scotchman, settled in Monmouth County, New Jersey, and began the production of Apple Jack for his own use, as well as his friends and neighbors. Laird & Company's distillery had its origin at the famous Colts Neck Inn, Colts Neck, New Jersey, prior to 1780. The present distillery was founded at Scobeyville, New Jersey, in 1851. Thus, for 265 years the Laird family has been associated with the production of Apple Jack. Two interesting anecdotes with reference to "cyder" are revealed in historical records of New Jersey, which indicate that George Washington wrote to the Laird family sometime prior to 1760 asking for their recipe for the production of Apple Jack and that he was given the information. The second anecdote tells us that Johnny Appleseed, an Evangelist, handed out appleseeds to his congregation and saw to it that the seeds were planted. Years later he taught them how to make Apple Jack. This was the beginning of the popularity of Apple Jack along the Ohio River Valley. The following three recipes using Apple Jack have been submitted by Laird and Company:

\* \* \* \* \*

## JACK ROSE PUNCH

1 pint fresh lemon juice  
6 ounces grenadine  
1 quart Apple Jack  
1 quart club soda

Mix lemon juice, grenadine and Apple Jack in punch bowl with egg beater. Place block or cube ice in punch bowl. Add club soda. Gently stir to mix and chill. Serve in punch cups or old fashioned glasses. Yields approximately 3 quarts.

## SCOBEEVILLE PUNCH

Combine in a large bowl: juice of 4 lemons, 1 cup orange juice; 1/2 cup sliced strawberries; 1/2 cup pineapple juice; 1 cup strong Orange Pekoe Tea; 1 to 2 tablespoons strained honey; 1/2 cup of sugar syrup; 1 pint Apple Jack. Cover, chill for several hours. Pour over block of ice in punch bowl, add 1 quart club soda. Garnish with slices of orange and cherries.

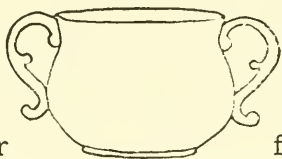
## TRADITIONAL EGG NOG



Beat yolks and whites of 6 eggs separately, add 1/4 cup sugar to each. Add 1 pint milk and 1 pint cream to beaten yolks, mix well, fold in beaten whites. Stir in 1 pint Apple Jack and sprinkle with nutmeg. Chill well. If dairy prepared egg nog is used, proportions are 2 parts egg nog to 1 part Apple Jack.

## BIG APPLE

The "Big Apple" is a nightcap made for both supping and sipping. A single glassful before retiring is sufficient to ward off chills and stay the pangs of hunger until morning. Two portions will have you out under the stars. The nightcap is centuries old, pre-dating central heating, bundling and the electric blanket. It was designed to warm the imbiber from the inside out and induce slumber. Hot or cold, tall or short, the nightcap is a happy custom. Enjoy it -- even if your pad is winterized and weather-tight.



\* \* \* \* \*

1/2 of a baked apple (canned)  
1 ounce Laird's Bonded Applejack  
3 ounces apple juice, warmed  
Pinch of powdered ginger (optional)

Heat apple juice and ginger to simmer in a small pan. Scald a thick-sided, heat resistant Old Fashioned glass by filling with boiling water, then emptying. Now put in the baked apple half, with just a little of the syrup. Apple should be at room temperature. Add liquor to glass and ignite with long handled fireplace match. Pour warmed apple juice into glass. Don't try to slug this down. Sip slowly, and spoon up the liquor-drenched apple.

Laird & Company  
Scobeyville, New Jersey

## *Tea, Coffee and Juice*

### ICED TEA

During the International Exposition in St. Louis in 1904, a visiting Englishman had a booth, serving hot tea on a sweltering hot day in July. Becoming desperate because the crowds passed by his booth without so much as a look, he threw some ice into the tea urn - and the drink became a sensation! The recipe below is an original one of Mrs. McKenna, and it always receives compliments when it is served.

\* \* \* \* \*

7 tea bags  
3 lemons, sliced  
1 orange, sliced  
3 scoops sugar (3/4 cup)  
5 ice cubes

Put tea bags in teapot and cover with boiling water. Steep 3 to 5 minutes. Pour tea in pitcher. Add the lemons, orange, sugar and ice cubes. Serve tea with ice.



Julia Weber McKenna  
(Mrs. Edward McKenna)

## VIENNESE COFFEE

On those bitter cold days, when I would "help out" on the Sunrise Bakery route, owned and operated by my father, Louis Krewinkel, I would be invited by customers to "come in for a cup of hot coffee to take the chill out of your bones." This recipe brings back many fond memories of those days.



\* \* \* \* \*

To make coffee, measure 2 level tablespoons of coffee for each  $\frac{3}{4}$  cup water into coffee maker. Brew according to manufacturer's directions. Pour into cups; top each with a generous spoonful of unsweetened whipped cream and a sprinkling of grated orange rind. Set out sugar so everyone can sweeten to his own taste. Serve cinnamon-stick stirrers for those who would like a touch of spice.

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

\* \* \* \*

Coffee was brought to Vienna in 1683 by a heroic young Pole named George Kolschitzky, who opened a coffee house. His occupation was spying, and he provided the Christian armies with vital information during the Turkish siege of Vienna. A statue still stands to his memory.

## IRISH COFFEE

In Ireland, they will list for you the ingredients of a proper Irish coffee in the following rhyme:

Cream

rich as an Irish brogue

Coffee

strong as a friendly hand

Sugar

sweet as the tongue of a rogue

Whiskey

smooth as the wit of the land.



\* \* \* \* \*

Heat a stemmed 7 or 8-ounce goblet, or a slender glass mug with a handle. You can do this in a warming oven, in your dishwasher, or by filling the glass with hot water poured over a silver spoon to prevent the glass from cracking. (Pour out the hot water, of course). Pour in 1 jigger (1-1/2 ounces) Irish whiskey. Add 3 cubes or teaspoons sugar. It really must be sweetened properly. Fill the goblet to within 1 inch of the brim with strong black coffee. Stir to dissolve the sugar. Top to the brim with cream, very slightly whipped so that it floats on top.

Edna Oberlies Jost  
(Mrs. Norbert S. Jost)

\* \* \* \*

In Boston and elsewhere in coastal New England, it was believed - as late as the 1860's - that nothing improved the quality of a pot of coffee like the dried skin of a codfish.



## ICED IRISH COFFEE (variation)

Even in Ireland now iced coffee is being served in the summertime, although it must be admitted that the idea was accepted with great reluctance. At first, iced coffee was made exactly like the hot coffee, but the coffee was chilled for several hours in the refrigerator. Now it is generally fresh-brewed, made extra strong (double strength in fact), sweetened to taste, and poured over ice cubes. The glass is larger, of course. A highball glass is excellent, or an iced tea glass.

Hot or cold, the cream is never stirred. Always the brown gold - whiskied and sweetened - must come at you pure through a white cloud of cream.

Edna Oberlies Jost  
(Mrs. Norbert S. Jost)

\* \* \* \*

Whipping the cream is an American innovation. At the Shannon Airport, they use their extra heavy cream and pour it slowly, carefully, and with great skill against the back of a spoon. This is a technique which keeps the cream from mixing with the coffee. Most people find it simpler, however, to whip the cream a little. Do not stir. The full delight of Irish coffee can be achieved only when the hot, sweet, spirited brew is sipped through the mask of chilled, unsweetened cream.

\* \* \* \*

About half of all the coffee of the world is grown in East Central Brazil. Brazil is often referred to as "The World's Coffee Pot".

## TOMATO JUICE

Mrs. Cutter is the wife of the late Hampton Cutter, who owned and operated extensive clay mining interests in Woodbridge. The Cutter family is one of the oldest families in the area. The land on which the Middlesex County Vocational and Technical High School is located was donated by Mr. Cutter.

\* \* \* \* \*

4 cups tomatoes  
1/2 cup water  
1 teaspoon sugar  
1/4 teaspoon pepper  
2 bay leaves  
4 whole cloves  
2 tablespoons onion, chopped  
2 tablespoons celery  
Lemon juice, after cooking

Mix ingredients, except lemon juice. Cover and cook slowly for 20 minutes. Strain and cool.

Edith A. Cutter  
(Mrs. Hampton Cutter)

\* \* \* \*

The tomato, one of the world's most important vegetables, has been grown and eaten in the United States since 1781.

\* \* \* \*

Today there are more than 30 tomato canneries in New Jersey producing juice, puree, chili sauce, ketchup, soup and whole peeled tomatoes.

# *Bread*

Bread is the oldest of all foods manufactured by man. It also ranks as the most widely eaten and is often called "the staff of life". In the early 1900's, 95% of all bread was baked at home in the United States.

Egyptians are usually credited with making the first leavened bread. They also built the first ovens. The principles used in making early bread are still followed today.

In the Bible "unleavened bread" is often mentioned. It is made of flour and water, and it is heavy and solid instead of light and full of little air bubbles that make the bread porous. The Biblical meaning is that unleavened bread stands for purity.

The word "bread" is on the lips of all who repeat the words of the beautiful prayer Jesus Christ gave to man in the "Lord's Prayer:"

"Give us this day our daily bread."



## *Yeast Breads*

### BABKA

4 eggs	1 cup warm milk
1/2 cup sugar	1/2 cup warm water
1 cup butter	1 large yeast cake
1/2 teaspoon salt	8 cups flour

Dissolve yeast in warm water. Put eggs, butter, sugar and salt in a large bowl and mix thoroughly. Add flour gradually, kneading until dough is smooth. Shape into a ball; let rise and then bake in a 350 degree oven for 1 hour.

For variety, add raisins to the dough. White raisins are a favorite with Babka.

Stella Wukovets  
(Mrs. John Wukovets)

\* \* \* \*

Raised yeast bread was introduced as far back as 2000 BC in Thebes (Egypt). Legend says it all happened by accident. A baker for the royal house completely forgot about a batch of batter he had mixed. Next day he found it blown up like a balloon. Knowing he would be beheaded for wasting, he made up a fresh batter and mixed them both together, only to find, to his amazement, that the batter raised again. Upon tasting it, he found it mouth-watering and presented it to his king as his own creation.

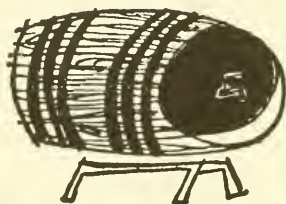
## BEER BREAD

Mrs. Rebecca Caruba submitted this recipe because of its relationship to the fact that New Jersey has two of the largest beer-producing companies.

This copyrighted recipe was given to us as it appears in her new cookbook, "Cooking with Wine and High Spirits".

\* \* \* \* \*

1 cup beer  
1 package active dry yeast  
Pinch of sugar  
4 tablespoons melted butter  
1/2 cup light brown sugar  
2 cups flour  
1 cup whole wheat flour  
1/2 cup wheat germ  
1/2 teaspoon salt



Preheat oven to 375 degrees. Heat the beer to lukewarm in a quart saucepan. Remove from the heat and sprinkle with yeast. Add the sugar to start fermentation and set pan aside until mixture bubbles - about 5 minutes. Place 2 tablespoons of the butter, the brown sugar, flour, wheat flour, wheat germ and salt in a 4-quart bowl. Add the beer and yeast mixture. Stir quickly to incorporate the ingredients. Turn out onto a working area and knead 1 or 2 minutes. Grease the bowl with 1 tablespoon of the remaining butter. Return the dough to the bowl and let rise until doubled in bulk - about 1 hour. Turn the dough out onto a working area and knead another minute. Shape into a loaf and place in a greased bread pan approximately 8 x 4 x 2-1/2 inches. Brush the top of the loaf with the remaining melted butter and let dough rise until it reaches the top of the pan. Bake about 1 hour, or until top of loaf is crisp and brown. Yield: 1 loaf.

Rebecca Caruba  
(Mrs. Robert Caruba)

\* \* \* \*

Elizabeth I of England was said to have enjoyed a breakfast of buttered wheat bread, meat stew and a rabbit pie with beer.

\* \* \* \*

On his visits to New York, Washington's favorite stopping place was Fraunces' Tavern, where he was served the popular drink, "Flip", which was made mostly of strong beer, molasses, dried pumpkin, a gill of rum and stirred with red-hot poker to warm the drink.

## LAMBERTVILLE HOUSE HOT BREAD



Here, in Lambertville, New Jersey, in the timeless mood of another more tranquil era, is one of America's vanishing landmarks, the old country hotel. The Lambertville House was built in 1812 and has been in operation since as an inn. On the register of this old eating place may be seen the names of President Andrew Johnson, Tom Thumb, Robert Lincoln, and Edward VII. This is historic country where George Washington and the Revolutionary Army maneuvered and fought the Battle of Trenton. From its quaint front with its balustrade of iron grill work, this old inn truly offers to the visitor old-fashioned hospitality. The recipe that follows is for their hot homemade bread, which is baked every day and served with every meal.

\* \* \* \* \*

1-1/2 cups milk  
1/2 cup water  
1/2 yeast cake  
1 tablespoon salt  
1 tablespoon sugar  
2 tablespoons vegetable shortening  
2 pounds flour

Crumble yeast into lukewarm milk and water. Add sugar, salt and shortening. Stir in enough flour to make dough workable on board; add flour in small quantities and knead until mixture becomes elastic. Place in bowl in a warm, draft-free place, cover with a towel and let rise until double in bulk. Cut into 5 equal portions and shape into loaves and place in greased loaf pans. Cover again and let rise in warm place until double in bulk. Bake for about 30 minutes at 375 degrees until golden brown. This recipe will make five 8-ounce loaves.

J. C. Allen  
Manager and Co-owner  
Lambertville House

\* \* \* \*

Back of the loaf is the snowy flour,  
And back of the flour the mill,  
And back of the mill is the wheat and shower,  
And the sun and the Father's will.

M. D. Babcock

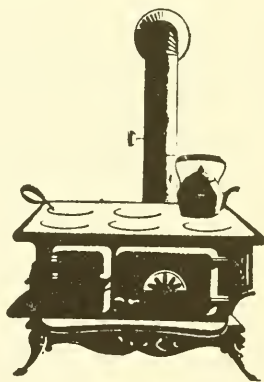


## OLD-FASHIONED RAISIN BREAD

Mrs. Matthew Plesher takes great delight in Early Americana and old-fashioned things that can be adapted to modern-day living. Her raisin bread recipe is an example of this. It is old fashioned in flavor and looks, but it is something the modern housewife can easily make. Hazel Plesher serves it warm on a cutting board with a crock of sweet butter. She says, "Anything old fashioned is such a refreshing change these hectic times."

\* \* \* \* \*

2 packages active dry yeast  
1/2 cup warm water  
1/2 cup margarine or butter  
1/2 cup sugar  
3 teaspoons salt



1 cup scalded milk  
6-1/2 cups all purpose flour  
2 slightly beaten eggs  
2 cups seedless raisins  
(dark or light)

Soften yeast in warm water. In large bowl, combine butter or margarine, sugar, salt and hot milk. Stir to dissolve sugar; cool to lukewarm. Add 3 cups flour. Beat well. Add softened yeast and slightly beaten eggs. Beat well. Add raisins; stir in remaining flour to make a moderately stiff dough. Turn out on lightly floured surface and knead until smooth and elastic. (10 to 12 minutes). Place in a lightly greased bowl, turning once to grease surface. Cover; let rise in warm place 1-1/2 to 2 hours. Punch down. Let rest 10 minutes.

Shape into 2 loaves and place in greased 8-1/2 x 4-1/2 x 2-1/2 inch loaf pans. Cover; let rise until double. (45 to 60 minutes).

Bake in 375 degree oven about 35 minutes. Remove bread from pans; cool on rack. Drizzle with a glaze consisting of 1 cup confectioners sugar and 1-1/2 tablespoons milk. In place of glaze, confectioners sugar can be shaken over tops of loaves.

Hazel Plesher  
(Mrs. Matthew Plesher)

\* \* \* \*

In 1830 the first cook stoves were marketed.

\* \* \* \*

"Kissing wears out - cookery don't."

Old Pennsylvania-Dutch Saying

## RUSKS

This was the "receipt" of my grandmother,  
Phoebe Inslee Osborn (Mrs. C. P. Osborn), so it is  
well over a hundred years old.

\* \* \* \* \*

1 scant cup sugar  
3/4 cup butter  
1 cup yeast  
1 pint milk  
1 teaspoon salt  
1 egg  
Flour enough to  
make a soft dough



DASH CHURN

Cream butter and sugar. Heat the milk lukewarm  
and heat the egg. Add yeast, salt and flour and set  
in warm place overnight, to rise in the morning.  
Make into balls the size of an egg and let rise.  
Bake from 20 to 30 minutes.

Rae Osborn

\* \* \* \*

"Better is halfe a lofe than no bread".

John Heywood

## *Sweet Breads*

### NUT BREAD

1 cup sugar	3 teaspoons baking
2 eggs, well beaten	powder
1 cup milk	1 cup English walnuts
2-1/2 cups flour	Pinch of salt



Mix all together in the above order. Let stand and set in loaf pan 10 to 15 minutes before putting in oven. Bake 40 to 50 minutes at 350 degrees.

Mary Collins Grausam  
(Mrs. William Grausam)

\* \* \* \*

Fruit and nut breads slice better when cold and improve in flavor the second day after baking.

\* \* \* \*

"Could we have some butter for the Royal slice of bread? "

A. A. Milne

## DATE AND NUT BREAD

1 package dates	1/4 teaspoon salt
1 teaspoon baking soda	1 teaspoon vanilla
1 cup boiling water	1 cup nuts
1 cup sugar	2 cups flour
1 tablespoon shortening	1 teaspoon baking powder
1 egg	

Cut dates into pieces; add soda and boiling water; cool. Cream sugar, shortening, salt and egg. Add cooled date mixture, vanilla, flour and baking powder, then add nuts. Pour in a greased loaf pan and bake 1 hour in 350 degree oven. Test with a cake tester.

Helen Neary Anderson  
(Mrs. Raymond Anderson)

## BANANA NUT BREAD

1/4 cup shortening	1-1/2 cups mashed ripe bananas
1/2 cup sugar (brown or white)	1-1/2 cups flour
1 well beaten egg	1/2 teaspoon salt
1 cup bran (Kellogg's)	2 teaspoons soda
2 tablespoons water	1 teaspoon vanilla
1/2 cup chopped walnuts	

Cream shortening and sugar. Add egg, then bran. Mix well. Combine water and bananas. Add alternately with sifted dry ingredients. Mix. Add vanilla and nuts. Bake in a greased loaf pan at 350 degrees for 1 hour.

Florence S. Clark  
(Mrs. Horatio D. Clark)

## IRISH SODA BREAD

This is not an old recipe, but, in submitting it to the cookbook, Mrs. Aaroe thought it appropriate since it reflects one of the many nationalities which has made Woodbridge its home.

\* \* \* \* \*

3 cups sifted flour

2/3 cup sugar

3 teaspoons baking powder

1 teaspoon salt

1 teaspoon baking soda

1/2 cup raisins and  
currants (use some  
light raisins, if on  
hand)

2 eggs, beaten

1-1/2 cups buttermilk or  
sour milk

2 tablespoons melted  
shortening or oil



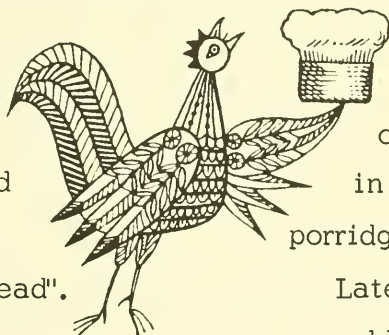
Sift together flour, sugar, baking powder, soda and salt in large bowl. Add raisins and currants and spread thoroughly. Combine eggs, buttermilk and shortening; add to dry ingredients. Mix until flour is moistened throughout. Place into greased loaf pan (5-1/2 x 9-1/2 inches). Bake in 350 degree oven for about 1 hour. Remove immediately from pan and cool well before slicing.

Emma Early Aaroe  
(Mrs. Donald Aaroe)

## SPOON BREAD

Spoon bread traces its origin to the porridge of mush and water that the Indians called "suppawn". It is said that one day a planter's wife left the porridge in the oven for hours and hours. When she remembered it, she found that a crisp golden crust had formed over the porridge while the inside remained creamy and

husband  
with lumps  
which melted  
over the hot  
it "spoon bread".  
and milk



tender. Her  
spooned it  
of sweet butter  
in a golden stream  
porridge. He called  
Later, with eggs  
added, it became

one of the best southern dishes to serve with ham and "greens". This recipe below is a West Virginia one. It is spooned onto your plate, a dab of butter dropped on it, and eaten with a fork. Mrs. Davis prefers yellow cornmeal because of the nice yellow color it has.

\* \* \* \* \*

2 cups boiling water  
1 cup cornmeal (either yellow  
or white)  
1 teaspoon salt  
1 tablespoon shortening  
1 cup milk  
2 eggs, separated

Mix first 4 ingredients together. Let cool. Add milk and egg yolks. Mix well. Fold in stiffly beaten egg whites. Pour into greased baking dish. Bake at 400 degrees for 30 - 40 minutes. Serve immediately as it behaves like a souffle.

Isabelle Davis  
(Mrs. Richard Davis)

\* \* \* \*

May be served in place of potatoes with butter or gravy.

\* \* \* \*

"A woman can throw out more with a spoon than a man can bring in with a shovel."

Old Pennsylvania-Dutch Saying



## GRANDMOTHER HUGHES' IRISH "TOLEY" BREAD

"Along with the poet, W.B. Yeats,  
boiled potatoes in their jackets,  
and Barry Fitzgerald, soda bread  
is considered one of the petals of  
the four-leaved shamrock that  
Ireland has given to the world.  
And the greatest of these is soda  
bread."

So wrote Maura Laverty, noted Irish author.

Grandmother Hughes (Annie Reynolds) was born  
in Armagh, County Armagh. This recipe was her  
mother's and is more than a hundred years old.

\* \* \* \* \*



4 cups Gold Medal sifted flour  
2 level teaspoons baking soda  
2 heaping teaspoons baking powder  
2 teaspoons salt  
6 tablespoons sugar  
1 cup raisins  
2-1/2 cups buttermilk

Mix all ingredients in a bowl with a spoon. If mixture appears sticky, add a little flour, then place on floured board and knead with hands. Form into oval or round loaf and bake on lightly greased and floured cookie sheet at 350 degrees - approximately 30 minutes, or until brown. May be tested with a cake tester, if desired.

Alice Weber Hughes  
(Mrs. John P. Hughes)

\* \* \* \*

It is believed that "Toley" might have been a child's word for "soda" in asking for a piece of Irish Soda Bread.



Bread Tray

## PUMPKIN BREAD

"Pompion", the early Indian name for pumpkin, found its way to Europe from Turkey where it was called "Turkish cucumber".

\* \* \* \* \*

- 2 cups white sugar
- 1/2 cup brown sugar
- 4 eggs, beaten
- 2/3 cup shortening (lard or oleo)
- 2 cups pumpkin
- 3-1/2 cups flour
- 1/2 teaspoon baking powder
- 2 teaspoons soda
- 1-1/2 teaspoons salt
- 1 teaspoon cinnamon
- 1/2 teaspoon cloves
- 2/3 cup water
- 2/3 cup walnuts
- 2/3 cup raisins  
(or chopped dates)

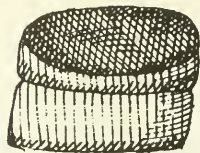


Cream shortening and sugar thoroughly. Add eggs, pumpkin, water and mix. Sift together flour, baking powder, baking soda, salt and spices; then add to pumpkin mixture. Stir in nuts and raisins (or dates). Bake in 350 degree oven for 1 hour. Makes 2 loaves.

Mae Paulinkonis Timar  
(Mrs. John G. Timar)

ENRICHED BREAD BISCUITS

- 1 compressed yeast cake or 2 small packages
- 1/2 cup lukewarm water
- 2 cups milk
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 tablespoon shortening
- 6 cups sifted flour



Soften yeast in lukewarm water. Scald milk; add sugar, salt and shortening. Cool until lukewarm. Add 2 cups flour, stirring well. Add yeast; add more flour to make a moderately stiff dough. Let rise to top of bowl. Punch down and let it rise again; then roll into small biscuits in cake pans and let them rise again. Bake at 375 degrees for 20 minutes. Same recipe may be used for bread. Shape into loaves and bake at 400 degrees for 50 minutes.

This recipe can be made into Dutch Bread by spreading a piece of the dough about 1/2 inch thick in a buttered pan. Fry it until brown on both sides. Spread with butter and serve.

Agnes Kenna Baumann  
(Mrs. August Baumann)

\* \* \* \*

A New England biscuit, called "Seventy-Fours", owes its name to the heroic feat of a sailor who liked them so much he once ate 74 at one sitting.

## LEAF CAKES

This "receipt" was brought over from Folkestone, England, many years ago from the home of Mr. and Mrs. Humphrey Phillpotts. Mr. Phillpotts was a college professor, and they often entertained some of the students for afternoon tea. These cakes were a favorite, served with cheese or marmalade.

\* \* \* \* \*

1/2 pound of leaf (may be purchased  
from any butcher store.) Re-  
move any skin or fiber.

2 cups flour

3 teaspoons baking powder

1/2 teaspoon salt

3/4 cup milk

3 rounded tablespoons of finely  
cut-up leaf

Work the cut-up leaf through the flour, lightly but thoroughly, with the hands; add other ingredients. Mix and roll out 1-inch thick and cut criss-cross, which forms a diamond-shaped biscuit. Brush top with milk and bake in hot oven 15 to 20 minutes.



Carolyn Bowne Bromann  
(Mrs. Fred Bromann)

## "PA VAN'S" CRACKERS

"Pa Van" was Matthew Van Steenberg, descendant of an old Hudson River Valley Dutch family. He was Mr. C.W. Barnekow's maternal grandfather.

\* \* \* \* \*

3-1/2 cups flour  
1/2 cup shortening (generous)  
1/2 teaspoon salt, for batter  
1 teaspoon cream of tartar  
1/2 teaspoon soda  
1 cup sweet milk (generous)  
1 teaspoon salt, to sprinkle  
on top of crackers



Rub all well together, except milk and soda. Add them last. Roll the dough out thin, a small portion at a time. Cut in squares. Prick well with fork. (You can sprinkle salt on them before putting in oven - get commercial baker's salt.) Bake quickly in 440 - 450 degree oven - and watch them! 7 to 8 minutes. Put them in warm place to dry - 2 or 3 hours - until brittle.

Edyth Barnekow  
(Mrs. C. W. Barnekow)

## CINNAMON BUNS



Put  $\frac{3}{4}$  cup of milk in a saucepan. Add  $\frac{1}{2}$  teaspoon salt, 3 tablespoons butter and 3 tablespoons sugar. Scald on stove; do not boil. Dump in bowl to cool. Crumble yeast cake and dissolve in mixture. Beat egg and add to mixture. Add 1 cup of sifted flour. Beat thoroughly with egg beater. Stir in the second cup of flour. Let rise until double in bulk - about 1- $\frac{1}{2}$  hours. Knead a little on floured board. Roll out to square. Butter and sprinkle with sugar and cinnamon. Roll up and cut into 12 pieces. Take 5 tablespoons butter,  $\frac{1}{2}$  cup dark Karo and dissolve on stove. Pour into baking pan. Add the 12 pieces of dough. Let rise  $\frac{1}{2}$  hour. Bake  $\frac{1}{2}$  hour in a 350 degree oven.

Jeanette Dunfee Schubert  
(Mrs. M. John Schubert)

\* \* \* \*

## PRUNE BUNS

Boil at least 1 pound dried prunes to your liking.

Make a batter of:

2 cups flour

2 teaspoons baking powder

2 eggs

1/2 cup sugar

1/2 teaspoon salt

1-1/2 cups milk - or enough to make  
the batter quite thin

Mix drained prunes into the batter a few at a time. Dip a prune until well covered with batter. Fry in deep hot fat until golden brown. Drain on brown paper. When slightly cool, sprinkle powdered sugar over buns, or put sugar in a bag and shake buns in it.

Frances Guido Kostelnik  
(Mrs. Stephen Kostelnik)





# Waffles & Pancakes

## GRIDDLE CAKES

- 2 cups sifted flour
- 5 teaspoons baking powder
- 2 teaspoons salt
- 3 tablespoons sugar
- 2 eggs, beaten
- 2 cups milk
- 6 tablespoons melted shortening



Sift together flour, baking powder, salt and sugar. Beat eggs in a mixing bowl. Add milk, shortening and flour mixture. Stir until blended. Heat griddle (or heavy frying pan) slowly until very hot. Grease lightly before baking each batch. Pour about 1/4 cup batter for each cake.

## OLD-FASHIONED RAISED BUCKWHEAT CAKES

- |                           |                        |
|---------------------------|------------------------|
| 1/4 cake compressed yeast |                        |
| 1 cup milk, scalded       |                        |
| 1 cup water               | 1 cup flour            |
| 1 teaspoon salt           | 1 cup buckwheat flour  |
| 2 tablespoons molasses    | 1/4 teaspoon soda      |
|                           | 1/4 cup lukewarm water |

Crumble yeast cake into lukewarm milk and water. Add salt, molasses and flour to make a batter thick as cream. Stir until free from lumps. Cover and let rise overnight at room temperature. In the morning, - before frying - stir in soda dissolved in water. Fry on hot griddle. Serve with maple syrup.

Margaret Henricksen

## PALACSINTA (Filled Pancakes)

For batter: Set out a 6-inch skillet

1 cup sifted flour  
1-1/2 teaspoons sugar  
1/8 teaspoon salt  
1 egg, slightly beaten  
1 cup milk  
1/2 teaspoon vanilla



Sift together the dry ingredients and make a well in center. Into this well place the mixture of egg, milk and vanilla and beat with rotary beater until smooth. Heat the skillet until moderately hot and lightly butter it. Remove skillet from heat; pour in 2 to 2-1/2 tablespoons batter, or just enough to cover bottom of skillet. Immediately tilt skillet back and forth to spread batter evenly and thinly (batter should be very thin at all times so that it will spread easily. Stir in a small amount of additional milk from time to time because batter thickens on standing.) Fry pancake over medium heat until lightly browned on both sides. Invert onto a warm plate. Repeat with remainder of batter, buttering skillet lightly for each pancake. While one pancake is frying, spread baked pancake with 2 tablespoons filling; roll. Transfer to warm platter and keep warm by placing in a 350 degree oven. Serve warm, sprinkled with confectioners sugar. Makes 14 to 16 pancakes. Jam or jelly may be used as fillings. For others, see Fillings.



Irene Gosack Tricules  
(Mrs. Theodore Tricules)

## PIEROGI

This is a family favorite.

\* \* \* \* \*

4 egg yolks  
2 cups flour  
1/2 teaspoon salt  
1/2 cup water  
Scant tablespoon butter

Put flour in a bowl. With a knife, cut egg yolks into flour. Add salt, water and butter. Knead until firm. Divide dough into 3 parts. Roll thin on a well-floured board. Cut into 3-inch circles, or whatever size desired. Place a small amount of filling on each round of dough. Moisten half of edge with water. Fold over and firmly press together to prevent filling from running out. Cook in a large pot of boiling water for about 5 minutes. (Cover pot until they start boiling briskly, then remove cover and cook uncovered.) Drain well on rack. Brown them lightly and carefully in butter or margarine with finely chopped onion in frying pan.



Elizabeth Krzywicki Golubieski  
(Mrs. Matthew Golubieski)

## POUND CAKE WAFFLES

This Pound Cake Waffle recipe was a favorite of Dr. and Mrs. B. W. Hoagland, old residents of Woodbridge, and grandparents of Mrs. R.W. Briant, who submitted it. It was given to Grandmother Hoagland in the spring of 1897 by Mrs. McNulty, wife of the minister of the First Presbyterian Church (old White Church). Mrs. Harry R. Howell of Sewaren sent the interesting letter below in connection with the recipe. The letter was written to Mrs. Earl H. Devanny at the time the White Church Guild Cook Book was assembled. Mrs. McNulty was the wife of Reverend Joseph M. McNulty, pastor of the church from 1874 to 1906.

\* \* \* \* \*

"Dear Mrs. Devanny:

I ate Pound Cake Waffles the first time this spring in the Presbyterian Manse (now your home). The recipe was a favorite one of Mrs. McNulty's, and she gave it to me.

I still make them several times a year.

Cordially yours,

Alice E. Hoagland

May 5th, 1947."

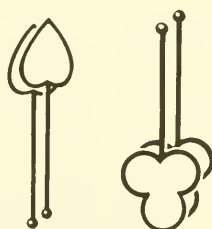
\* \* \* \* \*

2 cups butter  
2 cups sugar  
2 cups eggs  
2 cups flour  
1/4 teaspoon baking soda

Cream butter and sugar; add the unbeaten eggs - 2 at a time - and mix well. Add flour sifted with soda. Bake in waffle iron. May be served plain or topped with whipped cream and a canned apricot or peach half - round side up in center (poached egg style). Recipe makes 3 dozen.

Jean Briant  
(Mrs. R. W. Briant)

\* \* \* \*



WAFFLE IRONS

# Cakes

## Coffee Cake

### GERMAN COFFEE CAKE

One of the most pleasant ways of filling a house with the aroma of old-time kitchens is to bake a coffee cake. The recipe below was a favorite of my mother, Harriet Weber Oberlies. It is simple and easy to make:

\* \* \* \* \*

1 cup sugar  
3 cups flour  
1 teaspoon salt  
1 tablespoon butter  
2 tablespoons Crisco



Set aside 1 cup of the above mixture for crumbs.

1/2 cup milk  
2 eggs  
1 teaspoon vanilla  
1 teaspoon cinnamon  
2 tablespoons butter, melted

Mix the above ingredients together. Put into greased square cake pan, top with crumb mixture and bake for 30 minutes in a 375 degree oven.

Edna Oberlies Jost  
(Mrs. Norbert S. Jost)

## DR. GILBRETH'S COFFEE CAKE



Lillian Moller Gilbreth and Frank Bunker Gilbreth were industrial engineers. They were among the first in the scientific management field

and the very first in motion study. From 1919 to 1924, their firm of Gilbreth, Inc. was employed as "efficiency experts" by many of the major industrial plants in the United States, Great Britain and Germany.

Dr. Gilbreth died in 1924. After that, Dr. Lillian Gilbreth carried on by herself and became the foremost woman industrial engineer.

The story of their delightful home life was told in the book entitled "Cheaper by the Dozen", written by two of their twelve children, Frank, Jr., and Ernestine Gilbreth.

In 1964 Dr. Gilbreth was chosen as one of the ten outstanding women in New Jersey by Governor Hughes.

\* \* \* \* \*

2 cups flour  
2 eggs  
1 cup sugar  
1/2 cup milk  
1/4 cup Wesson oil  
2 teaspoons baking powder

Cream the sugar and oil together. Add well-beaten eggs and milk. Sift flour and baking powder together and combine with other ingredients. Beat thoroughly and spread top with Top Mixture and bake it in a well-greased shallow pan in a hot oven - 400 degrees for 30 minutes.

#### TOP MIXTURE

1 tablespoon melted butter  
3 tablespoons sugar  
1 teaspoon cinnamon  
1/2 cup chopped nuts

Mix sugar, cinnamon and butter together until well blended. Spread on top of dough and sprinkle with chopped walnuts.

Dr. Lillian M. Gilbreth

\* \* \* \* \*

"Would you both eat your cake and have your cake? "

John Heywood





*"Morven"*  
*The Governor's Residence*  
*Princeton, New Jersey*

In answer to your recent letter, I  
am happy to enclose a recipe which is a family  
favorite.

With it I send my best wishes for your  
Tercentenary Celebration and my thanks for being  
asked to be a part of the novel idea of "What's  
Cooking in Woodbridge, New Jersey."

Sincerely,

*Elizabeth M. Hughes*  
(Mrs. Richard J. Hughes)

## SOUR CREAM COFFEE CAKE

1/4 pound butter	1 teaspoon baking
1 cup sugar	soda
2 large or 3 small eggs	1-1/2 teaspoons baking
1 teaspoon vanilla	powder
2 cups flour	1 cup sour cream

### FILLING

1/2 cup chopped nuts
1/2 cup sugar
1 teaspoon cinnamon

Cream butter; add sugar, eggs and vanilla. Mix dry ingredients together and add to egg mixture, alternately with sour cream. Pour half the batter in a well-buttered tube pan; sprinkle on half of filling; place remaining dough over the filling and then sprinkle top with rest of filling. Bake in 375 degree oven for 35 minutes.

Elizabeth M. Hughes  
(Mrs. Richard J. Hughes)

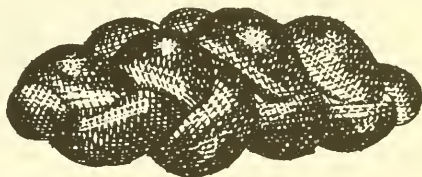


## SWEDISH COFFEE CAKE

The original recipe for this coffee cake came from Sweden. Originally the recipe of Mrs. Linn's mother, it has been tried and improved upon over the years, until it has now become the following delicious cake. "Only the Swedes would take such time and patience to make anything", says Mrs. Linn.

\* \* \* \* \*

2-3/4 cups milk  
1 cup sugar  
3 packages yeast cakes  
3 eggs  
1 cup shortening,  
butter or margarine  
1 teaspoon salt  
7 to 8 cups flour



Scald milk with the butter, sugar and salt. Set aside to cool. Follow directions on yeast cakes for the amount of water for dissolving. After first mixture has cooled, put in a bowl with 5 cups of flour and beat well. Put in dissolved yeast cakes. Add 3 beaten eggs, from which 2 tablespoons are to be held out for the topping. Add 1 heaping teaspoon ground cardamon seeds to the dough. Add rest of flour. Turn out on floured board and knead well for 10 minutes or more. Butter a bowl and put dough back in. Let stand until double in bulk. Put back on board and knead again for 10 minutes. Cut and braid in coffee cakes - long or round shapes. Again let stand until double in bulk. Spread egg mixture over top of coffee cakes with a pastry brush. Sprinkle with cinnamon and sugar. Bake 1/4 hour in a 350 degree oven. Makes 6 coffee cakes.

Ella Bjorke Linn  
(Mrs. Ella Linn)

## *Sweet Cake*

### AEBLESKIVER



- 1 cup buttermilk
- 1 teaspoon baking powder
- 1 cup flour
- 1/4 teaspoon salt
- 2 eggs, separated

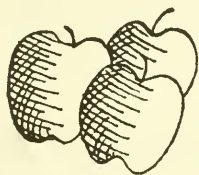
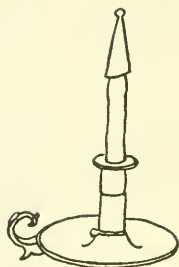
Sift flour, baking powder and salt into bowl; add buttermilk and egg yolks; beat until smooth. Beat egg whites until stiff; fold into batter. Bake on top of stove in special pan. Put 1 teaspoon of melted shortening, or butter, into each circle. Add 1 teaspoon of batter to the 7 circles of the pan and bake until golden brown. Turn with fork on other side until brown. Serve with powdered sugar, jam, jelly or marmalade.

Ruth Stockel Natale  
(Mrs. Dante Natale)

## APPLE CAKE

From Mouse Hill, West Chazy,  
New York, Patricia R. Martin  
(Mrs. David K.) writes:

"My Woodbridge family, the  
Browns, never did much cook-  
ing themselves. I know my  
grandmother, their descendant,  
never had to cook a thing until  
she was 74, and at 83 today  
she lives off of T.V. dinners!



However, I love to cook. In  
fact, it is a hobby, curbed only  
by that necessity - the budget -  
and also by the fact that I gain  
weight easily. My husband's  
family have all been good cooks  
and have saved recipes of the  
older generation. The following  
recipe of Apple Cake, which is

served with a Custard Sauce,  
or plain, comes from his grand-  
mother, Verna Carpenter Martin."  
The old Rowland House, which  
was at one time an inn and  
stood on the northwest corner  
of Green Street, was known as  
the tavern of Philip Brown, an  
ancestor of Mrs. Martin.



\* \* \* \* \*



Caster, 1740

3/4 cup sugar  
1 egg  
1 tablespoon shortening  
1/2 cup milk  
1 cup flour, sifted with 1 teaspoon  
baking powder  
1 teaspoon salt  
1 teaspoon vanilla  
2 cups sliced apples  
Cinnamon and sugar mixture

Cream together sugar, egg, and shortening. Add milk and stir. Stir in flour with baking powder, salt, and vanilla. Spread in greased 8 x 8 pan and place apples on the top. Sprinkle with sugar, cinnamon, and a few lumps of butter, if desired. Bake approximately 1/2 hour in a 350 degree oven.

Patricia R. Martin  
(Mrs. David K. Martin)

\* \* \* \*

"All human history attests  
That happiness for man, -- the hungry sinner! --  
Since Eve ate apples, much depends on dinner."

Lord Byron

\* \* \* \*

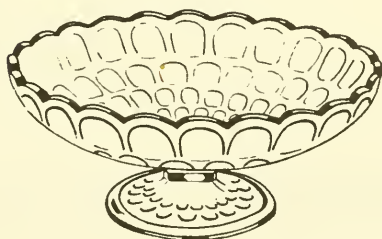
"Cheerful cooks make every dish a feast."

Massinger

## BANANA CAKE

Mrs. Swanick receives compliments galore  
for this baked confection.

Whenever she makes this delicious cake, she must always make a second one, which is for Father John Grimes of Trenton, formerly of Our Lady of Peace Church in Fords, New Jersey.



\* \* \* \* \*

Mix by hand: (Do not use electric mixer)

1/2 pint sour cream

1 teaspoon soda

Let stand while you prepare other ingredients.

Dice 3 large (or 6 small) bananas.

Cream:

1/2 pound butter

1 cup sugar (all white or 1/2 brown and 1/2 white)

3 egg yolks

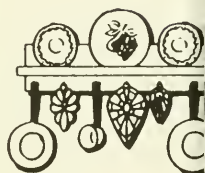
Add to the creamed mixture:

1 cup walnuts, chopped coarsely

Diced bananas

1 teaspoon vanilla

2 cups Swans Down self-rising flour



Add sour cream mixture.

Fold in beaten (moist) egg whites.

Blend well.

Grease and flour oblong cake pan. Pour in batter.

Bake in a 375 degree oven, about 30 minutes.

Judith Swanick  
(Mrs. Stephen Swanick)

\* \* \* \*

When flecked with brown, bananas are fully ripe and are ideal for blending into cakes, cookies and breads.



## COCOANUT LAYER CAKE



1/2 pound butter  
2 cups sugar  
4 eggs  
2 cups enriched flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1 cup milk  
2 teaspoons vanilla

Cream the butter and sugar. Beat in, 1 at a time, 4 whole eggs. Sift flour, baking powder and salt. Alternate with milk and vanilla. Bake in 3 greased 8-inch pans at 375 degrees for 25 minutes. When cake has cooled, top with 7 Minute Icing (see Frostings) and fresh grated cocoanut. This cake takes 1 whole cocoanut.

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

## CARROT CAKE

3 cups Soft-as-Silk cake flour, sifted	
2 cups sugar	1 teaspoon salt
5 or 6 medium carrots	1 cup oil
grated	1/2 cup walnuts
2 teaspoons baking powder	4 eggs

Mix all ingredients well. Bake at 350 degrees for 50 minutes in an oblong pan which has been greased and floured. Top with Cream Icing. (See Frostings)

Florence Zega  
(Mrs. Armando Zega)

## AUNT PHOEBE'S CHOCOLATE CAKE (SOLID)

This is Phoebe Gerity Levi's favorite cake. Mrs. Levi was a lifetime resident of Woodbridge.

\* \* \* \* \*

Cream:

1/2 pound butter

1-1/2 well-filled coffee cups sugar

Add:

3 egg yolks

1 teaspoon lemon flavoring

2 teaspoons vanilla flavoring



For plain cake, add 3 egg whites, beaten to a froth.  
For chocolate cake, add the beaten eggs after blending in the chocolate mixture.

Sift 2 cups flour (2-1/2 cups for plain cake) with  
3 teaspoons baking powder.

Add to the creamed mixture, alternating with 1 cup  
milk.

Dissolve 2 squares Baker's chocolate with  
1/2 cup boiling water  
1/2 cup milk

Blend thoroughly into above batter.  
Add the egg whites, beaten to a froth.

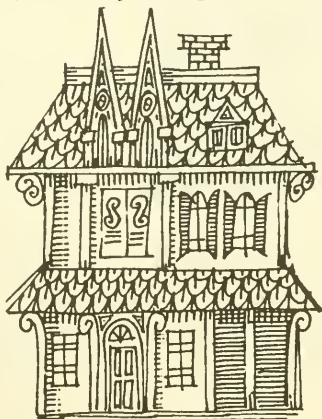
Bake in a hot (400 degree) oven for 15 minutes, in  
thin layers.

Jeanette Dunfee Schubert  
(Mrs. M. John Schubert)

MRS. FRANK R. VALENTINE'S

## CHOCOLATE CAKE

The Valentine family of Woodbridge were one of the pioneers in the mining of clay and the manufacture of clay products. Their name was known wherever fire brick was used. Many of the beautiful homes on Green Street in Woodbridge were built by the Valentine family, and today they are still spoken of as "Valentine houses". Mrs. Cohen lives in Florida. Her letter to us said that her mother's Chocolate Cake was famous in Woodbridge and was made for hundreds of cake sales for many, many years. It was a "must" for all special occasions. Mrs. Valentine lives in Titusville, New Jersey.



1/2 cup butter  
1 cup granulated sugar  
2 eggs, separated  
1 cup milk  
1-1/2 cups flour  
2 heaping teaspoons baking powder  
Pinch of salt  
1 teaspoon vanilla

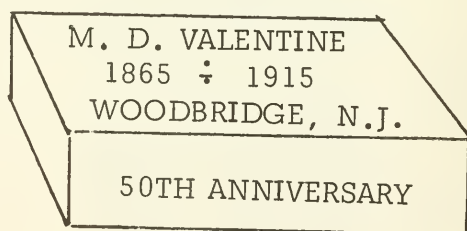
Cream butter, blend in sugar. Add egg yolks, well beaten, milk and 1 cup of the flour. Beat well by hand or in electric mixer. Add 1/2 cup flour into which baking powder and pinch of salt have been added. Fold in well-beaten egg whites and vanilla. Divide mixture equally into 3 well-greased round cake tins. Bake about 12 minutes in 450 degree oven. (See Fillings)

Carolyn Valentine Cohen  
(Mrs. A. B. Cohen)

\* \* \* \*

"If thou would'st preserve a sound body, use fasting and walking; if a healthful soul, fasting and praying."

Frances Quarles



## FRESH COCOANUT CAKE

4 eggs, separated; beat well

Add:

1 cup sifted flour

Pinch of salt

1/2 cup orange juice

1 cup sifted Swansdown flour

1-1/2 teaspoons baking powder

Add in beaten egg whites. Grease a 9-inch pan.  
Bake in a 325 degree oven for 20 to 25 minutes.  
(See Fillings)

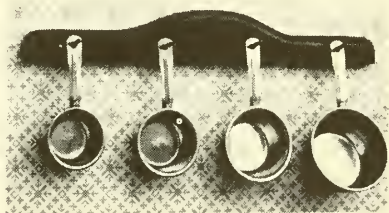
Augusta Larson Melder  
(Mrs. John Melder)

## CUP, 1. 2. 3. 4, CAKE

This recipe was copied from the Philadelphia Cook  
Book, published in 1886 by Mrs. S. T. Rorer.

\* \* \* \* \*

1 cup butter  
2 cups sugar  
3 cups flour  
4 eggs



Mix and bake the same as Pound Cake.

Mary Stewart Butters  
(Mrs. William L. Butters)

## WHIPPED CREAM CAKE



- 1/2 pint heavy whipped cream
- 2 eggs
- 1 cup sugar
- 1-1/2 cups Presto flour,  
sifted 3 times
- 1 teaspoon vanilla

Whip cream, add eggs and beat. Add sugar and beat again; add sifted flour and vanilla; beat until smooth. Grease two 8-inch layer pans and flour them. Bake at 350 degrees for 20 or 25 minutes. Frost with favorite frosting.

Kathryn Trakimowicz  
(Mrs. Alex Trakimowicz)

## DANISH SAND TORTE

- |                                  |   |
|----------------------------------|---|
| 2 level cups sugar (1 pound)     | 2 level cups flour<br>(1/2 pound)         |
| 2 cups butter (1 pound)          |   |
| 10 eggs, separated               | 1-1/4 cups potato<br>flour or corn starch |
| 1-1/2 teaspoons baking<br>powder | 1/2 teaspoon salt                         |
| 1/4 teaspoon mace                | 1 teaspoon vanilla                        |

Cream sugar and butter. Add egg yolks, 1 at a time. Beat together until light and fluffy. Sift flour, potato flour (or corn starch) and baking powder. Mix all ingredients together, beating thoroughly. Add stiffly beaten egg whites, carefully. Pour into a large greased and floured tube pan. Bake about 1 hour at 325-350 degrees. Cool and sprinkle with confectioners sugar.

Aunt Mary Stricker  
(Mrs. George Stricker)

## COFFEE FRUIT CAKE

Mrs. Martin tells us that this recipe is at least 100 years old. It was a favorite in the Freeman and Martin family. She still makes the fruit cake. The Martin home, on Rahway Avenue and Freeman Street, was a tan Italian villa-style house with beautiful grounds, and a familiar landmark in Woodbridge. Many of the streets surrounding the site are named for members of the family. For instance, Freeman Street, Ellis Place and Martin Terrace.

\* \* \* \* \*

2 cups brown sugar  
1 cup strong coffee  
2 cups butter  
5 cups flour  
4 eggs  
1 cup molasses



1 pound raisins (citron and  
currants, if you like)  
1 teaspoon cloves  
1 teaspoon cinnamon  
1 teaspoon soda  
1 nutmeg, grated

Cream butter and sugar; add beaten eggs. Stir well, add 1/2 of the flour, spices, fruit and molasses; then add the rest of the flour, the coffee and soda. Bake about an hour.

Edna B. Martin  
(Mrs. J. H. Thayer Martin)

## DEVIL'S FOOD CAKE

Columbus did not find the spices of India, but his discovery of America added many kinds of food to the tables of Europe; for example, cacao from which cocoa and chocolate come, was first found in America.

\* \* \* \* \*

Sift together:

1-1/2 quarts flour

1 quart sugar

3/4 cup cocoa

3/4 tablespoon salt

1-1/2 tablespoons baking  
soda

Add:

1-1/2 cups oil

1/4 cup vinegar

1 cup water

1-1/2 tablespoons  
vanilla



Bake in two 9-inch cake pans at 375 degrees for 35 minutes.

Ann Dobrovolsky Krewinkel  
(Mrs. Joseph Krewinkel)

\* \* \* \*

"The receipts of cookery are swelled to a volume; but a good stomach excels them all."

William Penn



## 1882 DUVAL CAKE

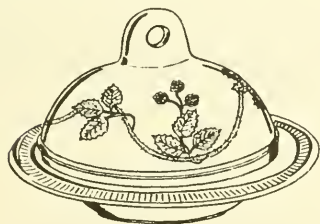
This recipe comes from Susan Sasscer Duval's cook book. The Duvals are an old French Huguenot family who settled in Annapolis, Maryland. Mrs. Bergen comes from Annapolis. Bergen County, New Jersey, was named after Mr. Bergen's family, who were of Dutch ancestry.

\* \* \* \* \*

1 cup butter  
2 cups sugar  
3 cups flour  
4 eggs (beaten in 1 at a time)  
1 cup sweet milk

1 lemon (juice and grated  
rind)  
1 teaspoonful soda  
1 teaspoonful yeast powder

Last 2 ingredients are sifted with the flour and added alternately with the milk. Bake in 3 layers. Oven temperature is moderate and bake until done. (See Fillings)



Miriam Duval Bergen  
(Mrs. Albert Bergen)

## DARK FRUIT CAKE

1/4 cup butter, creamed in bowl with  
1 cup brown sugar and  
2 tablespoons white sugar. Add  
3 unbeaten eggs.

Dissolve:

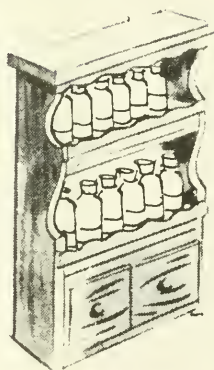
1/3 teaspoon baking soda in  
1/3 cup cold, sweet milk. Stir in first mixture.

Add:

1/2 cup molasses  
1 cup seedless raisins  
1 cup currants  
1/4 cup thinly shaved citron peel  
1/2 teaspoon lemon extract

Sift:

2 cups flour with  
2 teaspoons baking powder  
Salt  
1 teaspoon cinnamon  
1/2 teaspoon allspice  
1/4 teaspoon cloves  
1/4 teaspoon nutmeg



Add this to mixing bowl and scrape batter into a buttered loaf pan about 4-1/2 x 8 inches on bottom.

Put into very moderate oven about 375 degrees for 15 minutes, then reduce temperature to slow, about 275 degrees, and continue to bake 2 hours.

Store wrapped in wax paper in a cool, dry place.

Ellen Darrah Concannon  
(Mrs. John H. Concannon)

## GRAHAM CRACKER NUT CAKE

Dr. Sylvester Graham (1794-1851) was the Gayelord Hauser of his day. He was a Presbyterian minister, reformer and lecturer on Temperance. His crusade was against the American cuisine and for dietary reform and improved hygiene. His assault was on meats and fats and the insistence upon the use of bread made from unbolted or unsifted whole-wheat flour. This unsifted wheat flour was called Graham flour and became immensely popular, and the unleavened biscuits made from the flour were called Graham crackers. His eccentricities were many. It was his opinion that there was no need for one's being sick, and, once, during a brief indisposition, he wrote an apology to the local newspaper for having taken to his bed! Graham did leave a heritage of valuable health ideas and the importance of moderation in eating.

\* \* \* \* \*

1/2 pound butter	1 pint milk (less about
2 cups sugar	1 tablespoon)
6 eggs, separated	4 teaspoons baking
4 teaspoons vanilla	powder
1 bag Graham crackers	Walnuts, chopped

Cream butter and sugar. Add egg yolks and beat; add milk and crumbs. Add baking powder, vanilla and nuts. Beat egg whites and fold into batter. Bake in a 350 degree oven for 1 hour - in a 13 x 9 x 2-inch pan which has been greased on the bottom only.

Amy Gluchoski  
(Mrs. Adam Gluchoski)

## LAYER CAKE

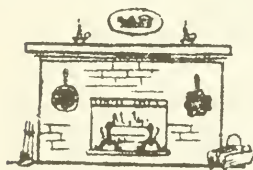
Cream:

1/4 pound butter  
1 tablespoon Crisco  
1-1/2 cups of sugar  
Pinch of salt

Beat good. Add  
2 eggs that have been separated and beaten.

Beat very good. Add:  
1-1/2 cups milk  
2-1/2 cups flour  
3 teaspoons baking powder  
1 teaspoon vanilla  
Little lemon

Bake in layer pans at 375 degrees for about 20 - 25 minutes. When cool, fill with Orange Filling (See Fillings) and frost top lightly with Butter Icing.



Jane Gerity Dunigan  
(Mrs. Maurice P. Dunigan)

\* \* \* \*

When you bake a layer cake, the kitchen becomes the heart of the home.

## MY GRANDMOTHER'S MOLASSES CAKE

This is a recipe of Margaret Anderson Dey of Cranbury, New Jersey. The original recipe called for lard, but her mother always used Crisco. (Author's Note: This recipe was also given to Mrs. Maurice P. Dunigan by Mrs. Ashley, nee Elizabeth Voorhees, in June of 1903. It was over 100 years old then.)

\* \* \* \* \*



- |                                     |                        |
|-------------------------------------|------------------------|
| 3/4 cup shortening<br>(Crisco used) | 1 teaspoon nutmeg      |
| 1/2 cup sugar                       | 2 cups flour           |
| 1 cup molasses                      | 1 teaspoon baking soda |
| 1 teaspoon cinnamon                 | Pinch of salt          |
|                                     | 1 cup boiling water    |
| 2 eggs, well beaten                 |                        |

Cream shortening and sugar. Dissolve soda in boiling water. Add next. Then add molasses and sifted dry ingredients. Add eggs last. Bake in a loaf pan at 325 degrees about 1 hour.

Margaret Dey Keating  
(Mrs. Jack Keating)

## LOPPED MILK CAKE

This recipe and others, to be found in this cook book, of Mrs. Emily Cutter Prall, were contributed by her daughter, Mrs. Mary Prall Lee, as they were taken from her mother's handwritten cook book. The Prall family lived in the beautiful home located on Strawberry Hill. This old landmark is now St. Joseph's Home, the convent for the Little Servant Sisters of the Poor.

\* \* \* \* \*

Lopped (lop'ped) milk is an old name for sour milk.

2/3 cups granulated sugar  
1 tablespoon butter  
3 tablespoons cocoa  
1/3 cup lopped milk  
1 teaspoon soda  
1 cup flour  
1 egg  
1 teaspoon vanilla

Spread with Icing (See Frostings).

Mary Prall Lee  
(Mrs. Mary Lee)



## LEBANON COUNTY PEACH CAKE (DUTCH)

2 cups flour, sifted	2 tablespoons sugar
3 tablespoons sugar	1 cup milk
1 tablespoon baking powder	4 fresh peaches, peeled and halved
1/2 teaspoon salt	1/2 teaspoon ground cinnamon
1 egg, beaten	
1/4 cup shortening	



Sift together the first four ingredients. Cut in the shortening with pastry blender, or two knives, until mixture resembles coarse corn meal. Add a mixture of the egg and milk; mix until blended. Pour batter into a well-greased (bottom only) 11 x 7 x 1-1/2-inch pan. Cover with peach halves, cup side up, and sprinkle with a mixture of remaining sugar and cinnamon. Bake at 350 degrees for 35 minutes.

Ethel Weber Dunn  
(Mrs. Jay Dunn)

## PINEAPPLE UPSIDE DOWN CAKE



### Batter:

2 eggs, whole  
2 egg yolks  
1 cup sugar  
1/4 cup pineapple juice  
1 cup white flour  
1 teaspoon baking soda  
1/4 teaspoon salt

Beat 2 whole eggs and 2 egg yolks lightly. Add sugar slowly and beat well. Add pineapple juice slowly and beat well. Sift flour and measure 1 cup; add baking powder and salt all together and mix. Beat 2 egg whites until stiff and fold into batter.

### Topping:

6 tablespoons butter  
3/4 cup brown sugar,  
    firmly packed  
8 slices pineapple

Melt butter in pan and add brown sugar; cook until smooth. Line bottom of square baking pan with the melted butter and sugar; line pineapple slices on top. Pour batter over the top of fruit and bake in oven (350°) for 1 hour, or until baked. Cool slightly and turn out on plate.

Josephine Montecalvo Torsiello  
(Mrs. Michael Torsiello)



## ALMA GLUCK CAKE

John and Charles Gilman were members of the first five families to settle in Woodbridge. The other families were Hopewell Hunt, for whom Hopewell, New Jersey was named, Samuel Dennis, and John Martin. They came from Gilmanton, New Hampshire, in 1663 and built five log cabins near the First Presbyterian Church (the old White Church).

Charles Gilman, Jr. was in the Battle of Springfield, and on his pension record is appended the story that Captain Nathaniel FitzRandolph, also of Woodbridge, died in his arms. Col. C. Malcolm B. Gilman, M.D., of Red Bank, his descendant, is a well-known New Jersey research historian and is the author of "The Story of the New Jersey Blues," "Monmouth Road to Glory," and others. Col. Gilman is also the Governor General of the Jersey Blues, the oldest foot soldier regiment in the Western World, which was established at Woodbridge in 1665.

Mrs. Gilman told us that the recipe for the cake was given to the Gilman family many years ago and that it is named in honor of the opera singer who was famous during the early part of the 20th century.

1-1/2 cups sugar  
1-1/2 cups flour  
3 teaspoonfuls baking powder  
1/4 teaspoonful salt  
1/2 cup milk  
1 scant cup butter  
5 eggs  
2 squares unsweetened chocolate  
1 teaspoonful vanilla  
1 tablespoonful boiled coffee

Cream butter and sugar; add beaten egg yolks; mix well and add melted unsweetened chocolate. Mix and add vanilla and coffee. Mix well. Sift together flour, salt and baking powder 3 times and add to mixture, a little at a time, alternately with milk. Last of all, add whites of eggs, beaten stiffly. Mix well again. Divide into as many layers as you wish and put in greased pans. Bake in a moderate oven for 20 minutes. Do not open oven while baking. Spread and fill with Icing. (See Frostings)

Helen Fitzgerald Gilman  
(Mrs. Malcolm B. Gilman)

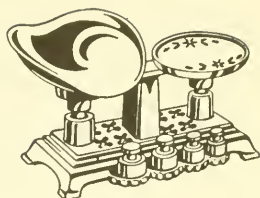
\* \* \* \*

How to fold in egg whites:

Heap beaten whites on top of mixture. Cut down through center and across bottom of bowl with wire whip, spatula or spoon. Bring mixture to top and place it on egg whites. Turn bowl 1/4 way round and repeat cutting motion. Repeat until all egg whites are evenly combined with mixture. Do not stir or beat.

## POUND CAKE

1 cup butter  
1 cup sugar  
1 teaspoon grated lemon rind  
2 tablespoons lemon juice  
2 cups sifted flour  
1 teaspoon salt  
4 or 5 eggs (1 cup) beaten



Oven temperature - 325 degrees; bake - 1-1/4 hours.  
Yield: 1 loaf (9 x 5 inches)

In a bowl cream the butter thoroughly. Add the sugar gradually, beating until light and fluffy. (This will take about 10 minutes.) Blend in the lemon rind and juice. (Substitute a teaspoon of vanilla for the rind and juice if you prefer.) Sift together the flour and salt. Add the flour and beaten eggs alternately to the creamed mixture, beating well after each addition. Pour the batter into a greased and floured loaf pan (9 x 5 x 3 inches). Bake in a moderately slow oven until a cake tester inserted in the center comes away clean and the cake leaves the sides of the pan. Remove to rack to cool. Wrap in waxed paper or aluminum foil to store.

Gertrude Hansen  
(Mrs. Werner Hansen)

\* \* \* \*

Spread thin slices of nut bread or pound cake with jam or jelly; top each with second slice. For a 3-decker, spread second slice with cream cheese and top with third slice.

JANE'S  
POUND CAKE

1 pound package con-  
fectioners sugar  
1/2 pound butter or  
margarine

4 eggs

3 cups Soft-as-Silk  
cake flour

1 rounded teaspoon baking powder

1 cup milk

1-1/2 teaspoons lemon extract



Cream butter and sugar until very light and fluffy. Add eggs, 1 at a time, beating at medium speed after each egg. Add flour and milk alternately. Add baking powder to last cup of flour. Add flavoring. Bake in greased and floured tube pan, at 350 degrees, for 1 hour.

Jane Gerity McDonough  
(Mrs. Thomas McDonough)

\* \* \* \*

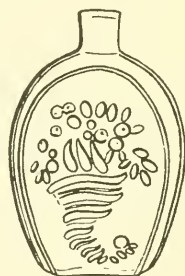
Pound Cake is so named because in early days all ingredients were measured by the pound. For instance, one pound of sugar, one pound of eggs, one pound of flour, etc. It originally came to America from Great Britain.

## STRAWBERRY HILL POUND CAKE

The recipe below is given just as it appeared in Mrs. Prall's cook book. She used her own good judgment for temperature and time in baking this cake.

\* \* \* \* \*

1 pound sugar  
3/4 pound butter  
1 pound flour  
10 well-beaten eggs  
Little nutmeg  
1 teaspoon brandy



Mary Prall Lee  
(Mrs. Mary Lee)

\* \* \* \*

Methods of measuring oven heat in the 17th century in England were simple but effective. If the heat in the oven was excessive, it scorched the inquiring hand. The matter of time for the duration of baking was, in Elizabethan times, indicated by "the time in which you would repeat a "Miserere," slowly, or the time of saying an "Ave Maria" or the "Pater Noster;" -- this from Thornbury's "Shakespeare's England," indicating a closer acquaintance with formal prayer than exists to-day.

From "A Collation of Cakes"  
Claudia Quigley Murphy, 1923

## PRUNELLA CAKE

1/2 cup shortening  
1 cup sugar  
2 eggs  
2/3 cup sour milk  
1-1/3 cups flour  
2/3 cup chopped stewed prunes  
1/2 teaspoon each of soda, salt,  
cinnamon, nutmeg, allspice  
and baking powder

Blend Crisco, sugar and eggs. Add chopped prunes. Stir in milk and dry ingredients. Pour into 2 layer cake pans and bake 25 minutes at 350 degrees. Spread with icing. (See Frostings)

Amelia Schaefer Bowers  
(Mrs. Albert Bowers, Sr.)

## RAISIN LOAF CAKE

2 cups brown sugar	1 teaspoon salt
2 cups hot water (or cold coffee)	2 teaspoons ground cloves
2 tablespoons of lard	1 pound seedless raisins
1 teaspoon cinnamon	

Mix and let boil for 5 minutes. After mixture begins to bubble, let cool. Then mix 1/4 teaspoon soda dissolved in 1 teaspoon hot water. Mix with 3 cups of flour. Put in loaf pan lined with wax paper. Bake at 300 degrees, until test stick is dry.

Rose L. Ernst  
(Mrs. Arthur H. Ernst)

## QUEEN ELIZABETH CAKE



This is supposed to be the only cake the Queen makes herself. She goes into her own kitchen and stirs it up. Her request is that the recipe is not to be passed on but, rather, is to be sold and proceeds used for charity at 15 cents or more.

\* \* \* \* \*

Pour:

1 cup boiling water over  
1/2 cup dates (cut up or chopped) and  
1 teaspoon baking soda. Let stand while the follow-  
ing is mixed in the usual way:  
1 cup sugar  
1/4 cup butter  
1 egg, beaten  
1 teaspoon vanilla  
1-1/2 cups sifted flour  
1 teaspoon baking powder  
1/2 teaspoon salt

Add these ingredients to first mixture and pour into a 9 x 12-inch greased pan. Bake 35 minutes in moderate oven, about 375 degrees. Spread with Boiled Icing. (See Frostings)

Grace Lieber  
(Mrs. Carl Lieber)

## FLUMMERY

This recipe was found in an old handwritten recipe book of Annie Trafton Clark of Plainfield, New Jersey. The book was given to her by her mother, who was the maternal great-grandmother of Barbara Rush Basehart of Sewaren, New Jersey. It dates back to about 1850. Mrs. Basehart is the daughter of the late Mrs. Daniel Rush, who was for many years the librarian of the Sewaren Public Library. Mrs. Basehart is also the sister-in-law of Richard Basehart, the Hollywood actor.

\* \* \* \* \*

1 sponge cake - approximately  
1 pound  
1 cup sherry wine  
Rich custard - using only yolks  
of eggs  
Egg whites, stiffly beaten

Cut sponge cake into thin slices and line a deep dish; moisten with wine. Make a rich custard, using only the yolks of eggs. When cool, pour on sliced cake. Make a meringue from remaining egg whites and place on top. Brown slightly in oven, 350 degrees, for 12 minutes. This may be modernized by using bought cake and Royal custard sauce, but the result is not as tasty.

Barbara Rush Basehart  
(Mrs. Hugh Basehart)



## PAN DI SPAGNA (ITALIAN SPONGE CAKE)

The Sponge Cake is one of the most famous and basic cakes of all Europe. When Catherine de Medici came to France from Italy in 1533, she brought with her the recipe for Sponge Cake.

\* \* \* \* \*

5 egg yolks  
1-1/2 cups sugar  
1-1/4 cups pastry flour,  
sifted

1 teaspoon vanilla  
1/2 teaspoon grated  
lemon rind  
5 egg whites



Coffeepot

Place egg yolks and sugar in mixing bowl and beat until lemon colored. Add flour, little at a time, blending in well. Add vanilla and lemon rind. Beat egg whites until stiff, but not dry, and fold into cake mixture. Butter and flour a cake pan about 18 inches square. Pour in cake batter and bake in moderate oven (375 degrees) for 40 minutes. Turn over on cake rack and cool.

Concetta Antoniello  
(Mrs. Pasquale Antoniello)

## SUNNY VELVET CAKE

A prize-winning recipe submitted by Mrs. Stephen Racz, Woodbridge, New Jersey, in the Pillsbury's 13th Grand National Bake-Off, 1961, in California.

\* \* \* \* \*

Beat:

5 egg whites with  
1/4 teaspoon Diamond Crystal Salt\*  
1/4 teaspoon cream of tartar, until foamy.

Gradually add:

1/2 cup sugar. Continue beating until stiff peaks form.

Fold in:

1/4 grated or chopped cocoanut. Set aside.

Cream:

1/2 cup Land O'Lakes butter.

Gradually add:

3/4 cup sugar, creaming well.

Blend in:

5 unbeaten egg yolks and  
1/2 teaspoon vanilla. Beat well.

Add:

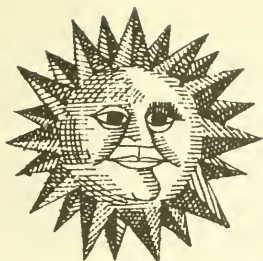
1-1/4 cups sifted Pillsbury's Best All-Purpose  
Flour\*  
3/4 teaspoon soda  
1/2 cup sour cream. Beat at medium speed -  
1 minute. Fold into egg white mixture,  
using wire whip or rubber spatula.

Turn into ungreased 9 or 10-inch tube pan. Bake at 350 degrees for 50 to 55 minutes. Invert to cool. Spread with Maple Butterscotch Frosting. (See Frostings)

\*For use with Pillsbury's Best Self-Rising Flour, omit salt and soda.

Emma Sipos Racz  
(Mrs. Stephen Racz)

## SUNSHINE CAKE



Mrs. Delaney has baked this cake for many, many years and has passed the recipe on to friends and neighbors. It was made many times for the dances

and other affairs held in the old Catholic Benevolent Legion Hall more than 50 years ago.

\* \* \* \* \*

7 egg whites (small fresh eggs)  
5 egg yolks  
1 cup granulated sugar (sifted)  
2/3 cup flour  
1/3 teaspoon cream of tartar  
Pinch of salt

Sift flour 4 or 5 times; measure and set aside. Beat yolks of eggs thoroughly. Add salt to whites of eggs and beat a short time; then add cream of tartar and beat until very, very stiff. Stir in sugar lightly, then beat yolks thoroughly; add flour; put in tube pan; set in oven at once. Bake from 45 to 50 minutes in moderate oven.

Amelia Oberlies Delaney  
(Mrs. Arthur Delaney, Sr.)

## QUICK TOMATO SPICE CAKE



TRADE MARK  
CAMPBELL SOUP CO

Joseph Campbell and Abraham Anderson combined in 1869 to found, in Camden, the firm which is today Campbell Soup Company, the world's largest users of tomatoes. Anderson and Campbell packed many things, but their fame came from the noted Beef-steak Tomato, "so large that only one was packed to a can" and so large that the can label showed two men lugging one tomato.

They started their canning and preserving plant in Camden, New Jersey, where it prospered to a corporation in 1892, known as the Joseph Campbell Preserve Company. Over the years several new foods were added, including condensed soup which was developed by Dr. John T. Dorrance. By 1922 Campbell had become the world's best known soup maker, and its name was appropriately changed to Campbell Soup Company.

Campbell's motto since early years has been, "To make the best, begin with the best - then cook with extra care."

The famous Campbell Kids first appeared on car card advertising in New York City in 1904. Created by Grace Gebbie Drayton, the Campbell Kids have become the most widely featured and lovable characters in the history of advertising.

\* \* \* \* \*

1 package (about 1 pound,  
3 ounces) spice cake mix  
1 can (10-1/2 ounces) condensed  
tomato soup  
1/4 cup water

Mix cake as directed on package, substituting soup and water for liquid. (Add eggs, if called for.) Bake as directed on package. Frost, if desired.

Carolyn Campbell,  
Home Economics Department  
Campbell Soup Company

\* \* \* \*

A Campbell's Soup ad in 1905 gave this worthy praise to the tomato:

"No rose has such a tempting hue

As Nature's hand has painted you."

\* \* \* \*

Modern living provides many conveniences, but it is still important to know how to buy at the market and how to prepare the food you buy.

## NUT TORTE

This cake won 2nd Prize in a baking contest last summer. It is a very old recipe of my mother's, Mrs. Louie Meder, brought from Austria - Hungary.

\* \* \* \* \*

10 eggs	4 tablespoons baking
10 tablespoons sugar, level	powder, level
6 tablespoons ground walnuts	1 cup sweet milk choco- late, grated
2 tablespoons bread crumbs	1/4 teaspoon salt
2 tablespoons flour	1 teaspoon vanilla
	1/4 teaspoon almond extract

Separate eggs and add sugar to the egg yolks; beat until lemon color. Beat egg whites until stiff and fold into egg yolk mixture. Add balance of ingredients, mixing well. Grease and flour 3 9-inch cake pans. Bake 20 minutes at 350 degrees.

### NUT FILLING

8 tablespoons confectioners sugar  
1/2 cup water  
15 tablespoons ground walnuts  
1/4 pound sweet butter  
1 teaspoon vanilla

Mix confectioners sugar and water; cook 5 minutes to make a syrup. Add ground walnuts and continue cooking together for a few minutes. Cool. Put in mixing bowl and cream together with butter; add vanilla. Spread Nut Filling between layers. Spread sides and top with a thin chocolate coating. Decorate with ground walnuts and almond halves.

Catherine Meder Stricker  
(Mrs. Raymond M. Stricker)

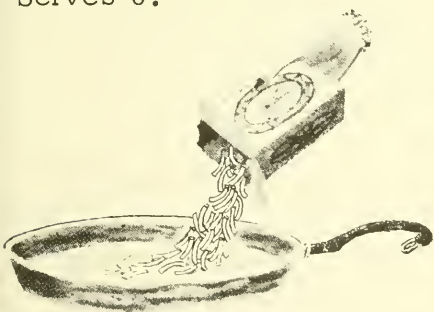
# Casseroles

## Macaroni

### EASY LENTEN DISH

- |                      |                        |
|----------------------|------------------------|
| 1 package Mueller's  | Dash paprika, optional |
| Ready Cut Macaroni   | 2-1/2 cups milk        |
| 2 tablespoons butter | 1 can Cheddar cheese   |
| 2 tablespoons flour  | soup                   |
| 1/2 teaspoon salt    | 1/2 cup buttered bread |
| Dash pepper          | crumbs                 |

Melt butter, blend in flour and seasonings. Add milk and cook, stirring constantly until thick. Cook macaroni as directed on box and drain. Add cheese soup, mix well and add white sauce. Blend and top with buttered crumbs. Sprinkle with paprika (optional). Bake, uncovered, for 25 minutes in a 375 degree oven. Serves 6.



May Devlin Haug  
(Mrs. William Haug, Sr.)

\* \* \* \*

Don't waste left-over toast. Crumble it for dressings and casserole tops. Too, if soaked a bit longer in egg batter, it makes delicious French toast.

## SAVORY SPAGHETTI CASSEROLE

- 1 pound ground beef
- 1/2 cup chopped onions
- 1/4 cup chopped green peppers
- 2 tablespoons butter
- 1 10-1/2 ounce can condensed cream of mushroom soup
- 1 10-1/2 ounce can condensed tomato soup
- 1 soup can water
- 1 clove garlic, minced
- 1 cup shredded sharp process cheese
- 1/2 pound spaghetti, cooked and drained

Cook the beef, onion and green pepper in butter until meat is lightly browned and vegetables are tender. Stir to separate meat particles, then add soups, water and garlic. Heat. Blend with 1/2 cup cheese and cooked spaghetti in a 3-quart casserole and top with remaining cheese. Bake in a 350 degree oven for 30 minutes, or until bubbling and hot. Makes 4 to 6 servings.

Carolyn Campbell  
Home Economics Department  
Campbell Soup Company  
Camden, New Jersey





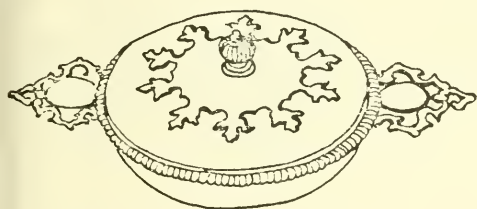
## *Meat*

### ALL-IN-ONE MEAL

- 4 or 5 shoulder lamb chops
- 3 or 4 medium-sized potatoes
- 5 or 6 carrots

Place chops (fat removed) in covered casserole. Cut potatoes in serving size pieces and place on top of chops. Fill in open spaces with sliced carrots. Salt, pepper and dot generously with butter. Cover dish and cook 1-1/2 to 1-3/4 hours in 400 degree oven.

Helen Kelly Grace  
(Mrs. Joseph Grace)



### SMOKED HAM CASSEROLE

- |                     |        |
|---------------------|--------|
| 2 slices smoked ham | Milk   |
| Potatoes            | Salt   |
| Onion               | Pepper |

Brown smoked ham slices on both sides. Cut in half. Put one half in bottom of casserole dish. Add layer of potatoes and a layer of onions, and so on until you reach the top. Cover with other half of ham. Put a little milk over all with dots of butter and seasoning. Bake in a hot oven for 45 minutes.

Alta Ryan

## HAMBURGER EN CASSEROLE

Miss Henricksen is a member of a family who has lived in Woodbridge for many years. She is head of the Guidance Department at Woodbridge Senior High School. She still lives on Edgar Hill in one of the old Edgar houses.

\* \* \* \* \*

- 1 large onion, minced
- 2 tablespoons fat
- 1 pound ground beef
- 1/2 pound cooked green beans
- 10-ounce can tomato soup
- 5 medium-sized potatoes, cooked
- 1/2 cup warm milk
- 1 beaten egg
- 1 teaspoon salt
- 1/2 teaspoon pepper



Brown onion and meat in hot fat. Add beans and soup. Mix thoroughly. Pour into a greased baking dish. Mash potatoes and add milk, egg, and seasonings. Put on top of meat mixture. Bake in 350 degree oven for 30 minutes.

Margaret Henricksen

\* \* \* \*

To conserve space in your freezer when preparing casserole main dishes, freeze food in casseroles lined with aluminum foil. When food is frozen, remove foil package from casserole, complete the wrapping, label package, and place in freezer. To bake, put food back into casserole.



Historic Smithville Inn, during the 18th century, was a thriving wayside stageline inn, built and operated by James Baremore. Nestled in this picturesque countryside along an old stage coach route, the Inn became a welcome stop for the weary traveler in need of fine food, lodging and refreshment.

Inspired by southern New Jersey history and the exciting past of historical Smithville Inn, the present possessors, Mr. and Mrs. Fred W. Noyes, began an authentic reconstruction of an 18th century community. The Old Towne of Smithville embraces shops, dwellings, inns, and places of manufacture that were typical of this seacoast area.

The food served at the charming old Inn and quaint Quail Inn is fabulous and abundant with wonderful regional foods of southern New Jersey fame. All combine to make a visit here a reminder of the warm hospitality known to our forefathers and now brought so dramatically alive in this delightful "towne."

\* \* \* \* \*

For Chicken Pot Pie you will need a large stewing chicken, whole canned onions, peas and carrots, if desired, dumplings, chicken gravy and rich pie crust.

Cut chicken into pieces and cook slowly in water to cover, adding salt and pepper to taste. When chicken is tender, remove from broth, cool and take meat from the bones.

Mix dumpling dough, Add enough water to chicken broth to make 6 cups of liquid; bring to a boil. Drop dumplings by teaspoonfuls into boiling broth, cover and cook over low heat for 10 minutes.

Place chicken into casserole. Lift the dumplings with slotted spoon onto chicken and add onions, peas and carrots, if desired. Make gravy with remaining broth and pour over chicken and vegetables.

Cover the casserole with a rich pie crust. Crust should be rolled about 1/8 of an inch thick and brushed with egg wash, after being placed on top of casserole. Make slits in the top to allow steam to escape. Bake in 400 degree oven 25 minutes, or until crust is lightly browned. Serve immediately.

#### DUMPLING RECEIPT

2 cups prepared biscuit mix  
3/4 cup milk

Mix well with fork. Drop by teaspoonfuls into boiling chicken broth.

Fred and Ethel Noyes, Possessors  
Historic Smithville Inn  
Established 1787  
Absecon, New Jersey

## MEXICAN ENCHILADAS WITH BEAN SAUCE

18 tortillas (Old El Paso brand are packed flat 18 to a can and are easier to handle than those in a tall can)	
3 tablespoons oil	1 quart tomato juice
2 medium onions, chopped	2 cans kidney beans
1 pound ground chuck	1 tablespoon chili powder (or more)
2/3 pound coarsely grated American cheese	1 teaspoon salt
2 medium green peppers, chopped	Pepper
	Tabasco sauce to taste

Pour juice, beans, and seasonings into a saucepan and simmer approximately 2 hours, until thickened. Crumble beef into a frying pan and brown. Mix beef with chopped pepper and onion. Heat 3 tablespoons oil in a small frying pan. Soften tortillas by immersing in hot oil for only a few seconds. Remove to a plate and fill with some of the beef mix and some grated cheese. Fold one end over the other (similar to a filled crepe) and place open side down in a greased casserole (rectangular). Continue softening and filling tortillas and placing in casserole. If they do not fit in one layer, pour some bean sauce over first layer and make a second layer. (If there is any meat left over, crumble on top of casserole before pouring on the bean sauce.) Pour bean sauce over all and top with the rest of the grated cheese. Heat in a 350 degree oven until hot enough to serve. Serves 6 to 8.

Mrs. Walter Zirpolo

*Babbling  
Brook*



## *Seafood*

### CRAB MEAT AU GRATIN

This is a favorite recipe of former Governor Robert B. Meyner. According to Mrs. Meyner, "supposedly this dish serves six. However, in our family it serves three (uncomfortably)!"



\* \* \* \* \*

4 tablespoons butter  
5 tablespoons flour  
1 cup heavy cream  
1 cup milk

1 cup freshly grated Parmesan cheese  
1 pound all lump crab meat (fresh)  
Salt and pepper to taste

Melt butter; add flour to make a smooth roux. Add cream and milk slowly until cream sauce is thick and smooth. Add cheese, except for 3 heaping tablespoons. Since the cheese is salty, now is the time to add salt and pepper to taste. Mix in the crab meat lightly, being careful to preserve it in lump form. Turn into a casserole, sprinkle the remaining Parmesan on top. If you expect the dinner will be delayed either by late arrivals or the hostess' enjoyment of the conversation over the hors d'oeuvres, brown the casserole lingeringly at 325 degrees. If you want to hurry the serving, bake at 400 degrees until brown and bubbling. If you prefer making the sauce the day before, turn the cold sauce and crab into the casserole and bake in a slow oven. Once it is hot, you can hasten or delay. Leftovers can be served next night as hot canapes.

Helen Meyner  
(Mrs. Robert B. Meyner)

## FISH AND VEGETABLE PIE

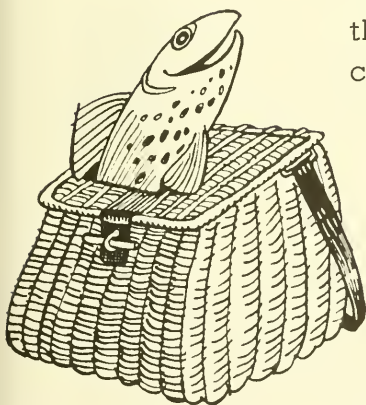
- 2 cans cooked flake fish  
(Cod or Haddock - the oily fish)
- 1 cup cooked potato cubes
- 1 cup cooked carrots
- 2 cups cooked celery

(The above ingredients are to be cooked in SALTED water.)

- 1 cup stale bread crumbs
- 2 sliced hard-boiled eggs

Put a layer of the above mixture in baking dish. Add a layer of white sauce. Fill dish in this order and cover with buttered crumbs. Bake about 1/4 of an hour in a 400 degree oven.

Mabel Fales Henry  
(Mrs. Samuel J. Henry)



\* \* \* \*

"Fish dinners will make a man spring like a flea."

Thomas Jordan



## SCALLOPED SCALLOPS

This is an excellent dish in diets where fried foods are prohibited. It is also a rather rich dish and should be served with fruit cup, cole slaw - or some other green salad - potatoes, a non-starchy vegetable like carrots or string beans, and a dessert of fruit or gelatin.

\* \* \* \* \*

1-1/2 pounds scallops (1-1/2 pints shucked scallops)  
1/2 cup butter or margarine, plus 2 tablespoonfuls  
3/4 cup small soft bread crumbs,  
    picked from center of 1 or  
    1-1/2 slices of white bread  
1-1/2 cups crumbled soda  
    crackers (unsalted)  
1-1/8 cups medium cream (3/4  
    cup heavy cream, plus milk)  
Salt and pepper to taste



Melt the butter and toss in the bread and cracker crumbs. Cut large scallops in half, if not, in quarters. Butter a 1-1/2 quart casserole, put in a layer of scallops, and top with a layer of buttered crumbs. Repeat as above, and top dish with crumbs. Pour cream over dish. Bake 30 minutes in 400 degree oven. Makes 4 generous servings.



Esther Robertson Austen  
(Mrs. Percy S. Austen)



## TUNA-OLIVE MACARONI LOAF

4 eggs

1/2 cup sliced Spanish green olives

2 tablespoons grated onion

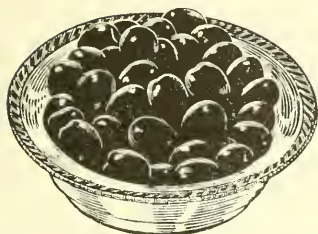
2 cups (two 6-1/2 to 7-ounce  
cans) drained tuna

1 cup soft bread crumbs

4 to 4-1/2 cups (8-ounce  
package) cooked macaroni

2-1/2 cups Cheese Sauce

1/4 cup melted butter



Beat eggs slightly. Add olives, onion, tuna, and bread crumbs. Combine egg mixture with macaroni, Cheese Sauce (instructions below), and butter. Line bottom of loaf pan (9" x 5" x 3") with aluminum foil. Butter foil. Turn macaroni mixture into pan. Bake in moderate oven (350 degrees F.) 50 - 60 minutes. Serve it hot tonight -- slice it cold tomorrow.

## CHEESE SAUCE

Simmer 1-2/3 cups (large can) undiluted evaporated milk with 1/2 teaspoon salt, 1 teaspoon dry mustard, and 1 tablespoon horseradish in a saucepan over low heat about 2 minutes. Add 2 cups (8 ounces) grated process American cheese. Stir over low heat until cheese melts (1 minute longer). Add to macaroni mixture in recipe.

Kathryn Hess Napravnik  
(Mrs. Joseph Napravnik)

## *Vegetable*

### BUFFET STRING BEAN CASSEROLE

1 package Pepperidge stuffing, moistened with  
1 cup hot water and  
1/4 cup melted butter

1 package frozen French style string beans, thawed  
1 can cream of mushroom soup, diluted with  
1/2 can water  
1 can cream of celery soup, diluted with  
1/2 can water  
1 package frozen French fried onion rings, optional

In a greased 1-1/2 quart casserole dish, place a layer each in the following order: stuffing, beans, mushroom soup; stuffing, beans, celery soup. Repeat this process until all ingredients have been used. The final layer should be soup. If you plan to use the onion rings, you should put them on the top. Bake in a 375 degree oven for 30 minutes.



Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

\* \* \* \*

"The stomach supports the heart, and not the heart  
the stomach."

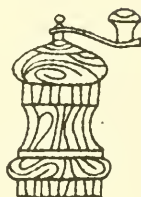
Old English Proverb

## POTATOES AU GRATIN

This is an original recipe.

\* \* \* \* \*

8 medium-sized potatoes  
(peeled and diced)  
1 teaspoon onion, chopped  
Cheddar cheese  
Milk  
Pepper  
Salt  
Flour



Place potatoes in 2-quart casserole in layers. On each layer sprinkle salt, pepper, flour and 1 teaspoon chopped onion. Dot each layer with butter. On top layer, repeat above process and also place a strip of Cheddar cheese (or any American or grated cheese). Fill above 3/4 full with milk. Bake at 350 degrees for 1-1/2 hours. Test with fork for doneness.

Miss Sara Deegan

\* \* \* \*

"The folk who their potatoes buy  
From sacks before they sup,  
Miss half of the potato's joy  
And that's to dig it up."

Eleanor Farjeon

## BAKED MUSHROOM CASSEROLE

- 1 large onion, chopped
- 1/4 cup butter or margarine
- 2 eggs, slightly beaten
- 1/2 cup light cream
- 4 (4-ounce) cans sliced mushrooms,  
drained, reserving 3/4 cup liquid
- 3/4 cup liquid from mushrooms
- 1/2 teaspoon salt
- 1/4 teaspoon coarse ground black pepper
- 1 cup (about 25) cracker crumbs, finely  
rolled
- 4 ounces pasteurized process cheese  
spread, cubed

Saute onion in butter or margarine. Combine the remaining ingredients. Add sauteed onion. Mix well. Pour in a greased 1-1/2 quart ovenproof dish. Bake in a moderate oven (350°), covered, for 30 minutes. Remove cover and continue baking 30 minutes more. Serve hot. Makes 6 servings.



Mrs. Barry M. Goldwater

\* \* \* \*

"As much value is to be found in feasting as in fighting."

Burton

# Cookies and Confections

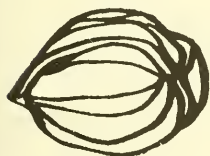
## Cookies

### ALMOND COOKIES

- |                           |                       |
|---------------------------|-----------------------|
| 1 pound sugar             | 1/2 teaspoon salt     |
| 1 pound butter            | 1 teaspoon vanilla    |
| 6 eggs                    | Almonds, chopped fine |
| 2 pounds flour            |                       |
| 2 teaspoons baking powder |                       |



Cream butter, eggs and sugar. Sift flour, salt and baking powder and add gradually to the creamed mixture. Add vanilla and fold in the chopped almonds. Roll out 1/4 inch thick and cut with cookie cutters. Bake on an ungreased cookie sheet in slow oven (325 degrees) until bottoms are a light brown. This cookie has very little or no color; therefore, it must be watched carefully while baking.



Mary Ratajczak Jost  
(Mrs. Bernard Jost, Sr.)

### BLACK WALNUT COOKIES

- |                     |                     |
|---------------------|---------------------|
| 1/2 cup butter      | 1 cup sifted flour  |
| 2 tablespoons sugar | 1 cup finely ground |
| 1 teaspoon vanilla  | black walnuts       |

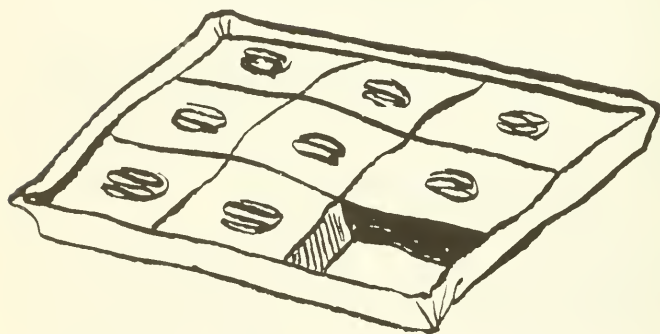
Mix in order listed, creaming butter and sugar well. Roll into balls the size of a walnut and bake in a 300 degree oven for 20 minutes, in an ungreased pan. Roll in powdered sugar while hot; again roll in sugar before serving.

Marion V. Matlack  
(Mrs. Albert Matlack)

## BROWNIES

1/4 pound butter  
1 cup sugar  
2 eggs  
2 ounces melted chocolate  
1/2 cup flour  
1 teaspoon vanilla  
1 cup walnuts

Cream butter and sugar well. Add eggs, 1 at a time. Stir well and add other ingredients. Spread in buttered pan. Bake from 20 to 30 minutes in a moderate oven (350).



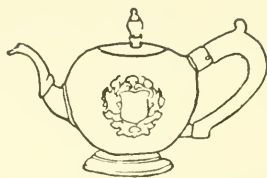
Ruth McKenna

\* \* \* \*

"Butter the size of a walnut" was one of the first attempts at exact measurement.

## CLIFFORD TEA COOKIES

1 cup butter  
2 cups brown sugar  
2 eggs  
3-1/2 cups flour  
1 teaspoon soda  
1/2 teaspoon salt  
1 cup chopped walnuts



Cream butter and sugar thoroughly. Add eggs and continue to beat. Sift flour, soda and salt 3 times and add with nuts to first mixture. Pack in 2 rolls and leave in refrigerator overnight. Turn out on board and slice as thin as possible. Bake in a 400 degree oven until a light golden brown. Bakes almost instantly and yields approximately 60 cookies.

Helen Kelly Grace  
(Mrs. Joseph Grace)

\* \* \* \*

"The hot water is to remain upon it (the tea) no longer than whiles you can say the Miserere Psalm very leisurely."

Sir Kenelm Digby

\* \* \* \*

"Thank God for tea! What would the world do without tea? -- how did it exist? I am glad I was not born before it."

Samuel Taylor Coleridge

## CONGO BARS

"Serve 'as is,' or spread with favorite icing. I like them sprinkled with powdered sugar."

\* \* \* \* \*

2-3/4 cups cake flour  
2-1/2 teaspoons baking powder  
1/2 teaspoon salt  
2/3 cup shortening  
2-1/4 cups brown sugar (1-pound package)  
3 eggs  
1 cup nutmeats, chopped fine (optional)  
1 package chocolate chips  
1 teaspoon vanilla

Sift flour, baking powder and salt. Melt shortening and add brown sugar; stir well. Add eggs, 1 at a time, beating well after each addition. Add dry ingredients, nuts and chocolate chips. Pour into greased pan (10-1/2 x 15-1/2 inches). Bake 25 to 30 minutes in a 325 degree oven. Cut into bars. Makes about 48 bars.

Lucille Komaraski Stueck  
(Mrs. Glenn Stueck)

\* \* \* \*

"It's a very odd thing --

As odd as can be

That whatever Miss T. eats

Turns into Miss T."

Ford Madox Ford



## GERMAN NUS STANGEL COOKIES (Nut Sticks)



1 cup walnuts  
1 cup bread crumbs  
1/2 cup sugar  
1 beaten egg white  
1/4 cup orange juice  
1 teaspoon vanilla

Mix all ingredients together with spoon. It is now ready to put in a square pan - 9 x 9 inches - that has been greased and floured. Bake at 325 degrees for 30 minutes. After baking, put on Meringue.

### MERINGUE

Beat 1 egg white with 1/4 cup granulated sugar. Spread on dough. While lukewarm, cut into small strips.

Mrs. Louie Meder

### PECAN CRESCENTS

1/2 pound butter	5 tablespoons sugar
2 cups flour, unbleached	2 teaspoons vanilla
2 cups pecans, chopped	1 tablespoon water
1/2 teaspoon salt	

Cream butter; add sugar, vanilla and water. Sift flour and salt together and stir into mixture. Add pecans and mix well. If mixture appears too dry, add a very little water. Using portions about the size of a walnut, roll into crescents and place on an ungreased cookie sheet. Bake at 325 degrees for about 20 minutes. While warm, roll into powdered sugar.

Marilyn Hughes Sabo  
(Mrs. Julius Sabo)

## ITALIAN FILLED COOKIES

### Dough:

3-2/3 cups flour  
2-1/2 teaspoons baking powder  
1/2 teaspoon salt  
1-1/3 cups sugar  
2/3 cup shortening  
4 teaspoons milk  
2 eggs  
1 teaspoon vanilla



### Filling:

Put through food chopper:  
1 pound dried figs  
1/2 box seedless raisins  
1/2 box seeded raisins  
1 pound mixed nuts, shelled  
1 cup mixed candied peel  
2 tablespoons grated orange peel

Mix all together thoroughly. Add enough honey (or Karo syrup) until all ingredients are well blended. Mix in 1 tablespoon cinnamon. Sift flour, baking powder and salt. Place sugar, shortening, milk, eggs and vanilla in bowl. Stir until well blended. Stir in half of flour. Add remaining flour; mix well. Cover and chill at least 2 hours. Take 1/3 of dough at a time, roll out on floured board 1/8 of an inch thick. Cut into 2-inch squares; fill with 1 teaspoon filling. Fold corners (2) to meet in center to cover filling and bake in hot oven (400°) about 10 minutes until lightly browned. Cool on rack. Store in covered jar. Sprinkle with powdered sugar.

Eva Maniscalco Hunt  
(Mrs. Meinert Hunt)

## JELLY-MERINGUE COOKIES

Bottom layer:

Mix together:

1/2 cup soft shortening

1/2 cup confectioners sugar

2 eggs

1 cup sifted flour

Press into 13 x 9-inch cookie pan, ungreased. Bake 10 minutes in a 350 degree oven. Remove from oven, spread with jelly (any flavor jelly or jam may be used). Spread meringue over jelly. Bake for 25 minutes until golden brown. Cool; cut into squares.

### MERINGUE

Beat egg whites until stiff. Gradually beat in:

1/2 cup sugar

1/4 teaspoon cinnamon,  
optional

Fold in, if desired, 1 cup ground nuts,  
or 1 cup cocoanut.

Ruth Warren Almasi  
(Mrs. Stephen Almasi)



A Township "Charter Member,"  
I dare say, I am not,  
No tales of old, no folklore,  
no legends have I got.  
And, though it's quite distressing  
that I'm now a mortgagee,  
I'm glad that we chose Woodbridge  
to root our family tree.  
In what way may I contribute  
to Woodbridge history ...  
But to add to its new cookbook  
for its Tercentenary!  
Indeed, I'm rather fortunate,  
and it's truly quite a thrill  
To donate my favorite recipe --  
please try it, if you will.

MERINGUE MINIATURES

4 egg whites	1 teaspoon almond (or
2 teaspoons white vinegar	lemon) extract
Dash of salt	1 teaspoon vanilla
1 cup sugar	

- (1) Beat egg whites with vinegar and salt until foamy. Beat in almond (or lemon) extract and vanilla.
- (2) Sprinkle in sugar very slowly - 1 teaspoon at a time - beating all the time until sugar is completely dissolved and meringue stands in firm peaks. (Beating will take about 25 minutes. Test by rubbing meringue between fingers ... should be smooth, not grainy.)
- (3) Drop by teaspoonfuls - 1" apart - on brown paper-lined cookie sheet.
- (4) Bake in very slow oven (250°) for 45 minutes, or until crisp. Remove cookies, leaving on brown paper, to wire rack. Cool completely. Keep tightly covered.

Leona Bruce Sandler  
(Mrs. Maurice D. Sandler)

## PEANUT BUTTER COOKIES

Peanut butter, the all-around favorite of millions of children, is said to have originated in St. Louis around 1890. It was developed by a physician there for his patients who needed an easily digestible form of protein.

\* \* \* \* \*

1 cup Spry  
1 cup peanut butter  
1 cup sugar  
1 cup brown sugar, packed  
2 eggs, well beaten  
2 cups sifted flour  
1/2 teaspoon salt  
1 teaspoon baking soda



Combine Spry, salt, baking soda, and peanut butter. Mix well. Add sugar, and cream thoroughly. Add beaten eggs. Mix well. Add sifted flour. Drop from teaspoon onto baking sheet. Flatten with fork. Bake in a 375 degree oven for 15 minutes.

Florence Yetman Weber  
(Mrs. Thomas Weber)

## PINEAPPLE CUTS

1 can (No. 303) crushed  
pineapple  
3/4 cup sugar  
1 tablespoon cornstarch  
1 egg  
2/3 cup butter



3 cups flour  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
1/4 cup milk  
1/4 cup crushed nuts

Mix first 3 ingredients together. Bring to a boil. Boil 5 minutes, until mixture clears. Cream the egg, 1 cup sugar, and butter. Sift flour, salt, and baking soda. Work together dry ingredients with the creamed mixture, like pie dough. Add milk to hold together. Roll half of the dough 1/4 of an inch thick and lay it on a 9-1/2 x 14-inch cookie sheet. Spread pineapple mixture on it. Roll other half of dough and place it on top of pineapple mixture. For added flavor, make a mixture of egg and a little water. Brush on dough and sprinkle with crushed nuts. Bake for 30 minutes in a 350 degree oven. Cool. Cut into 24 squares.

Victoria Martin  
(Mrs. John Martin)

\* \* \* \*

"He is the very pine-apple of politeness."

Richard Brinsley Sheridan



This is an old favorite cookie, and each recipe that we have received seems to vary slightly. Miss Agan is a direct descendant of Penelope and Richard Stout, who were in the first group of people to settle near Middletown, New Jersey. Penelope's story has become a New Jersey legend and is to be found in Frank R. Stockton's book, "Tales of New Jersey." She

was born in Holland in 1602. About 1620, she and her Dutch husband sailed for what is now New York. Their boat was shipwrecked off Sandy Hook. Passengers and crew reached shore and started northward. Hostile Indians attacked and killed many of the party, including Penelope's husband. She was left for dead, unconscious and mangled. One arm was permanently disabled. Upon recovering consciousness, she hid in the hollow trunk of a tree and subsisted on berries and bark. Two Indians, pursuing a wounded deer, found her. The younger one wished to dispatch her, but the elder objected, carried her to his home and nursed her back to health. She became the adopted daughter of the tribe. Word reached New Amsterdam that there was a captive white woman in the Indian village, and an expedition was formed to effect her release. The Indian who had saved her could not understand why she wished to leave him. One of her rescuers was Richard



Stout, whom she later married. Ten children were born to them. At the time of Penelope's death, she had 524 living descendants. Janet Gage, of Woodbridge, was a great-granddaughter of theirs. She was born Janet Pike and was an aunt of Zebulon Pike, who discovered Pike's Peak and was killed at Toronto, Canada.



\* \* \* \* \*

3/4 pound butter  
1-1/2 cups brown sugar  
3 eggs  
Cinnamon  
Salt  
3 cups flour  
1 teaspoon baking soda  
1-1/2 tablespoons boiling water  
1 package raisins  
2 packages dates, cut up  
2 cans shelled walnuts, cut up

Cream butter and sugar. Add eggs. Mix well. Add cinnamon, salt and 1 cup of flour. Add soda to boiling water. Add 2 cups of flour, then remainder of ingredients. Bake 12-15 minutes in 350 degree oven.

Miss Edna M. Agan

\* \* \* \*

To plump up dried-out raisins or figs, steam in a sieve over boiling water 5 minutes.



## RASPBERRY SQUARES

Bottom layer:

1 cup sifted flour  
1 teaspoon baking powder  
1/4 teaspoon salt  
1/2 cup butter



1 egg, well beaten  
1 tablespoon milk  
1 12-ounce glass raspberry  
jam

Top layer:

2 tablespoons butter  
1 cup sugar  
1 egg, well beaten  
1-1/2 cups cocoanut  
1 teaspoon vanilla

Preheat oven to 325 degrees. Grease a 9-inch square pan. Sift flour, baking powder and salt. Add beaten egg and milk; stir until well blended. Spread mixture in prepared pan; bring up slightly on sides of pan to hold jam. Spread jam over bottom layer.

Topping:

Cream butter and sugar; add egg and beat thoroughly. Mix in cocoanut and vanilla. Drop from spoon on top of jam; spread lightly. Bake for 30-35 minutes. Cool slightly. Cut into squares.

Anne Gulick Scully  
(Mrs. William Scully)

## "ESTELLE" ROCKS

This Virginia "receipt" for a traditional Southern cookie was handed down to Mrs. Fales by her grandmother, Evelyn Rigby Estelle, who was born in 1866 in Newark, New Jersey.

\* \* \* \* \*

3/4 cup butter  
1-1/2 cups brown sugar  
3 eggs, well beaten  
1-1/2 pounds walnuts  
1 pound currants, or  
dates, cut up



2 teaspoons cinnamon  
1 teaspoon cloves  
2-1/2 cups flour  
1 teaspoon soda, dissolved in  
4 tablespoons warm water

Drop on greased pan and bake in hot oven until slightly browned.

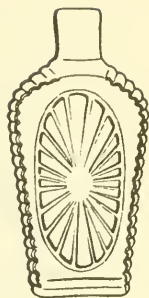
Estelle Brandon Fales  
(Mrs. Donald Fales)

\* \* \* \*

Cookie dough too soft - even after chilling? Work in flour, a tablespoon at a time, until you think it is stiff enough. Bake a test cookie just to be sure the dough is right.

## WHISKEY HORSESHOES

4 cups sifted flour  
1/2 cup confectioners sugar,  
sifted  
2-1/2 ounces whiskey  
1 pound butter  
1 pound walnuts. chopped fine  
Pinch of salt



Mix altogether in a bowl. Pinch small piece of dough, roll in hands and flatten to form horseshoe. Bake on ungreased baking sheet. Bake until "set," not brown, about 10 to 12 minutes in a 400° oven. While still warm, roll in confectioners sugar. Cool and then roll again in the sugar.

Margaret Sullivan

\* \* \* \*

Whiskey's name is derived from the Celtic word uisegebeatha, meaning "water of life." It originated in the British Isles and its use spread from there all over the world.

\* \* \* \*

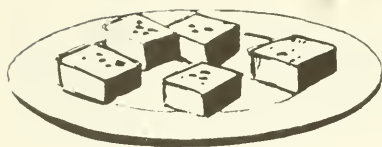
"A woman, a dog, and a walnut tree,

The more you beat them, the better they be."

Old Saying

## *Confections*

### CHOCOLATE FUDGE



2 squares bitter chocolate  
2/3 cup milk  
2 cups sugar  
1 tablespoon butter  
1 teaspoon vanilla  
Salt

Cut up chocolate into milk; place over fire. Add sugar and salt, and stir until it boils. Stir until mixture forms soft ball in cold water. Remove from stove and add the butter and vanilla. Allow to cool, then beat until it begins to thicken. Pour into greased pan.

### COLLEGE FUDGE

1 cup brown sugar  
1/4 cup butter  
1/2 cup heavy cream  
1/4 cup molasses  
2 squares chocolate



Alta Ryan

1/2 teaspoon vanilla  
1 cup white sugar

Mix sugar, butter, cream, molasses and chocolate together and cook until it forms a heavy thread; take from fire. Add vanilla; stir constantly until the mass thickens. Pour into buttered pan.

June Triehart Whitley  
(Mrs. George Whitley)

\* \* \* \*

In 1742, when George Washington was 10 years old, sugar was a luxury that many people could not afford. It cost \$2.75 a pound.

## MILLION-DOLLAR FUDGE

- \$ 2 cups (12-ounce package) semi-sweet chocolate bits
- \$ 3 packages (4 ounces) sweet cooking chocolate
- \$ 1 jar (8 ounces) marshmallow cream
- \$ 2 cups broken walnuts
- \$ 4-1/2 cups sugar
- \$ Pinch of salt
- \$ 2 tablespoons butter or margarine
- \$ 1 tall can evaporated milk

Combine semisweet chocolate pieces, sweet cooking chocolate, marshmallow cream and walnuts in large bowl.

Combine sugar, salt, butter (or margarine), and evaporated milk in large saucepan. Heat to boiling, stirring constantly. Boil 6 minutes. Stir often.

Pour over chocolate mix in bowl; stir vigorously with a wooden spoon until chocolate is melted and mix is creamy.

Pour into buttered, shallow pan - 13 x 9 x 2 inches. Let stand a few hours to set. Cut into squares. Store in tightly covered metal box. Makes 5 pounds.

Agnes Burke Miller  
(Mrs. Henry Miller)

\* \* \* \*

"Every sweet has its sour; every evil its good."

Ralph Waldo Emerson

# *Frostings and Fillings*

## *Frostings*

### ALMA GLUCK CAKE ICING



Boil 1 cup confectioners sugar with 1/2 cup of water until it forms a thin syrup. Beat 3 egg whites stiff and add warm syrup, a little at a time, beating slowly. Add 2 squares of melted unsweetened chocolate and 1 teaspoon of vanilla. Mix with a spoon and set in ice box until cool. Beat 1 pint of sweet cream and add to chocolate icing; spread between layers and on top of cake. Sprinkle with chopped nuts. (Pecans or walnuts.)

Helen Fitzgerald Gilman  
(Mrs. Malcolm B. Gilman)

## BOILED ICING

5 tablespoons brown sugar  
5 tablespoons cream or  
top milk  
2 tablespoons butter



Boil 3 minutes. Spread on while cake is warm.  
Sprinkle with cocoanut and nuts.

Grace Lieber  
(Mrs. Carl Lieber)

## CREAM ICING

4 tablespoons flour  
1/2 pound butter or margarine  
1 cup shortening  
1 teaspoon vanilla  
1 cup milk  
3/4 cup sugar

Take flour and milk and make into a paste. Cook over low flame until thick, then cool. Cream shortening and butter in a bowl for 4 minutes. Add sugar gradually, beating another 4 minutes. Add flour paste and beat 4 more minutes. Blend in vanilla. Keep in refrigerator for 2 weeks until used. One half of this recipe is required to ice the cake.

Florence Zega  
(Mrs. Armando Zega)

\* \* \* \*

Boiled icing is an almost universal frosting. It is timeless. Many generations have not changed it or improved it. Almost any cake will accept it gratefully.

## CRUNCH CLOUD FROSTING

1 tablespoon gelatin  
1/4 cup cold water  
2 tablespoons bourbon  
8 egg yolks  
1 cup confectioners sugar  
1/2 pound peanut brittle  
1 pint heavy cream, whipped



Break the peanut brittle into a blender container. Cover and grind until fine, at low speed. Use a rubber spatula to move the brittle down the blades, if necessary. Empty onto waxed paper, or into a bowl, for future use. If you prefer, the brittle can be ground in a food chopper.

Soak gelatin in cold water. Dissolve over hot water. Add bourbon to the gelatin. Put 8 egg yolks into the container. Cover and mix at low speed until thick and lemon colored. While machine is running at low speed gradually add confectioners sugar and gelatin mixture through feeder cap in cover. Pour into a bowl.

Rinse the container and wipe dry. Whip cream, using low speed, and fold into egg mixture. Let chill until thickened. Slice cake crosswise into three layers. Spread mixture on one layer and sprinkle with crushed peanut brittle. Repeat on second layer and then entire cake, sprinkle all the crushed peanut brittle. Store in refrigerator.

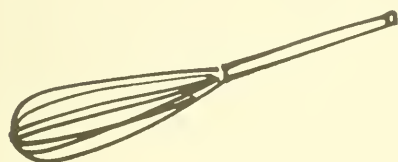
Carolyn Scheu  
(Mrs. Anthony Scheu)



## LOPPED MILK CAKE ICING

1 cup sugar  
1/2 cup cold water

Boil until stringy and beat in well-beaten white of 1 egg - slowly.



Mary Prall Lee  
(Mrs. Mary Lee)

## LOW CALORIE WHIPPED CREAM

3 tablespoons non-fat dry milk  
3 tablespoons cold water  
1 teaspoon lemon juice  
2 drops artificial sweetener

Beat until thick. (Eight calories per heaping table-  
spoon.)

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

\* \* \* \*

"I'll be with you in the squeezing of a lemon."

Oliver Goldsmith

## MAPLE BUTTERSCOTCH FROSTING

Combine in saucepan 1 cup (6-ounce package) Nestle's Butterscotch Morsels, 2 tablespoons milk, 1 teaspoon vinegar, 1/4 teaspoon Diamond Crystal Salt and 1/4 teaspoon cream of tartar. Heat, stirring constantly, until smooth. Cool. Cream 1/4 cup butter. Gradually add 1-1/2 cups sifted powdered sugar, creaming well. Blend in 1/2 teaspoon maple flavoring and butterscotch mixture. Beat until smooth.

Emma Sipos Racz  
(Mrs. Stephen Racz)

## PAUPER'S WHIPPED CREAM

2 tablespoons flour  
1/2 cup milk

Stir above 2 over flame until it forms a thick paste.

1/2 cup butter or margarine  
1/2 cup granulated sugar

Whip above 2 until creamy.

When first mixture is cold, add it to the second mixture. Keep whipping until the desired texture is acquired. Flavor with 1/2 teaspoon vanilla. This can be made into chocolate whipped cream by adding 1 tablespoon cocoa.

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

\* \* \* \*

## 7 MINUTE ICING

2 eggs	1/4 teaspoon cream of
1-1/2 cups sugar	tartar
1/3 cup water	1/4 teaspoon salt

Mix in top of double  
boiler until peaks form.  
Add 1 teaspoon vanilla.  
Cool. Use to top cake.

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

## PRUNELLA CAKE ICING

Mix:

2 cups 4X sugar  
1/2 teaspoon cinnamon  
1/8 teaspoon salt

Mix:

2 tablespoons Crisco  
2 tablespoons prune juice  
1 tablespoon lemon juice



Blend the mixtures well and beat until creamy.

Amelia Schaefer Bowers  
(Mrs. Albert R. Bowers)

\* \* \* \*

"Papa, potatoes, poultry, prunes, and prism are all  
very good words for the lips: especially prunes and  
prism."

Charles Dickens

## *Fillings*

### CHOCOLATE FILLING

1 cup sugar  
1 cup milk  
2 even tablespoons  
cornstarch

A little butter  
1 teaspoon vanilla  
1/4 of a cake Baker's  
chocolate

Boil until it thickens. Cool a little, then spread on layers.

Mary Weber Keating  
(Mrs. James J. Keating)

\* \* \* \*

The picture of the girl that adorns every package of Baker's Chocolate is one of the best-known portraits and most famous trademarks in the world. She was called "La Belle Chocolatiere."

In 1745 a handsome young nobleman, Prince Dietrichstein, stopped for a cup of chocolate in the newest cafe in Vienna. The girl who brought him the cup was a beauty, and he fell in love with her. They were married, and the Prince commissioned a famous Swiss painter, Jean Etienne Lictard, to do Anna's portrait in the costume she had been wearing the first time he saw her. For many years the painting hung in the Dietrichstein Palace in Vienna. In 1872 an American executive of the Walter Baker Company of Massachusetts saw the portrait and decided it was the perfect emblem for his company's fine chocolate. He purchased the painting, and soon the face of the Viennese waitress who married a Prince became known to everyone who purchased a package of Baker's Chocolate.

## 1882 DUVAL CAKE FILLING

5 apples, grated  
1 lemon, juice and rind  
1 cup sugar  
1 egg  
1 tablespoon butter



Put all over heat; let come to a boil and cook 5 minutes. Cool. Beat and spread between layers. Sprinkle top with powdered sugar.

Miriam Duval Bergen  
(Mrs. Albert R. Bergen)

## FRESH COCOANUT CAKE FILLING

1/2 to 3/4 cup cocoanut liquid  
32 marshmallows  
1 cup heavy cream  
2 handfuls fresh cocoanut

Put marshmallows and cocoanut fluid in double boiler and heat until dissolved. Beat well. Place in refrigerator for 2 hours. Whip 1 cup of heavy cream; whip marshmallow mixture once more and blend in whipped cream. Add 2 handfuls of fresh cocoanut to mixture. Sprinkle some cocoanut on top of cake.



Augusta Larson Melder  
(Mrs. John Melder)

## WALNUT FILLING FOR HUNGARIAN FLAKY PASTRY

Beat 2 egg whites until frothy.  
Add to 1 pound of ground walnuts. Sugar to your taste and add lemon juice.



## POT CHEESE FILLING FOR HUNGARIAN FLAKY PASTRY

Blend 1 egg yolk with 1 pound of pot cheese.  
Add white raisins and sugar to your taste.

Mary Szoke Prekop  
(Mrs. John Prekop)

## LAYER CAKE ORANGE FILLING



1/2 cup sugar  
2-1/2 tablespoons flour  
Grated rind of 1 orange  
1-1/2 cups orange juice  
1/2 lemon (juice)  
1 egg, beaten  
1 teaspoon butter  
Pinch of salt

Put all ingredients together and bring to boil. Cool.  
Fill between layers.

Jane Gerity Dunigan  
(Mrs. Maurice P. Dunigan)

## PIEROGI CHEESE FILLING

One 12-ounce package of pot cheese  
2 ounces cream cheese, if desired  
1 egg yolk  
2 tablespoons sugar



## PIEROGI POTATO FILLING

Fry 1 small onion in 2 tablespoons of butter until golden brown. Add to about 1 cup well-seasoned mashed potatoes.

Elizabeth Krzywicki Golubieski  
(Mrs. Matthew Golubieski)

## VALENTINE'S CHOCOLATE CAKE FILLING

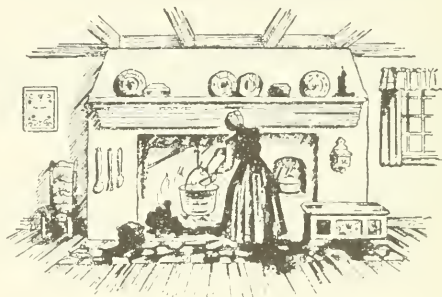
1 cup water  
1 cup granulated sugar  
1/2 cake unsweetened chocolate  
1 tablespoon cornstarch  
1/2 teaspoon vanilla  
Confectioners sugar

Place water, granulated sugar and chocolate in saucepan. Cook over slow fire until chocolate melts, then add cornstarch, which has been mixed with a small amount of water to moisten. Stir until thickened. Remove from fire. Take out a small portion of the mixture, to which confectioners sugar is added to right spreading consistency. This is used to ice top and sides of cake. Balance of mixture (bitter chocolate) is used between the layers.

Carolyn Valentine Cohen  
(Mrs. A. B. Cohen)

## PEPPERED STEAK

This popular eating place was named for that great benefactor of the early colonies, William Pitt, Earl of Chatham. Peppered Steak is a favorite dish served here.



\* \* \* \* \*

- 1 pound chuck, cut in 1/2-inch cubes
- 2 small green peppers, sliced
- 1 small onion, chopped
- 1 teaspoon Accent
- 3 tablespoons flour
- 2 bouillion cubes
- 3 cups water

Saute peppers and onions in 2 tablespoons butter - 2 or 3 minutes. Slowly cook beef, Accent, flour and bouillion cubes in 3 cups water for 45 minutes, stirring occasionally. Add peppers and onions and cook 20 minutes longer. Salt to taste. 4 - 5 servings.

Alice Gibson  
The William Pitt  
Chatham, New Jersey





## The Cranbury Inn

Established 1780

A posthouse to supply fresh horses on this main road of the New York-to-Philadelphia stagecoach lines was a necessity, and John Predmore filled this bill as early as 1730. Started as a dwelling in 1780 by Peter Perrine and converted to a tavern in 1808 by Captain Timothy Horner (The United States Hotel), it became the Cranbury Inn in 1920. Today, the stagecoaches are gone, but the Cranbury Inn lives on in colonial splendor, playing host to townsmen and travelers. It is now in the possession of Maurice and Betty D'Agostino, dispensers of good food and gracious hospitality.

\* \* \* \* \*

## BEEF STROGANOFF

2 pounds round steak,  
    1/4 to 1/2 inch thick  
1 teaspoon salt  
2 medium onions  
1 tablespoon flour  
1/4 cup butter  
2 cups beef stock  
1/2 cup good sherry  
1/8 teaspoon nutmeg  
1/2 teaspoon white pepper

First, put butter in heavy skillet. Add beef, salt, pepper and nutmeg. Brown beef on all sides, then add flour, stock and onion. Cook slowly until tender. Add mushrooms. Just before serving, add sherry. When serving, cap with a nice portion of sour cream.

Maurice J. D'Agostino  
Cranbury Inn  
Cranbury, New Jersey

\* \* \* \*

"Some hae meat that canna eat  
    And some could eat that want it;  
But we hae meat and we can eat,  
    For which the Lord be thankit!"  
Robert Burns

## MY "AUNTIE" ELLA'S SWEDISH MEATBALLS

"My aunt, it was said, would always joke about her marvelous cooking by saying, when she gave away a recipe, 'Oh, yes, and a quart of heavy cream!' She was a wonderful cook and my favorite aunt. I always wanted to inherit this recipe."



Mrs. Solowinski lives in the old Cutter house on upper Main Street in Fords. She is a model with the Eileen Ford Agency, and her husband is a well-known fashion photographer.

\* \* \* \* \*

Meatballs ("Kottbrillar"):

1/2 pound round steak, ground  
1/4 pound veal, ground  
1/4 pound lean pork, ground  
1/2 cup bread crumbs  
1 cup heavy cream  
1 egg  
3 tablespoons onion, chopped  
3 tablespoons butter  
1-1/2 teaspoons salt  
1/4 teaspoon white pepper

Melt butter in skillet and saute onions until golden brown. Soak bread crumbs in cream and a little water. Add meat, egg, onion, salt and pepper and mix thoroughly until smooth. Shape into very small balls,

using a teaspoon of mix for each meatball. Fry in butter until evenly brown, shaking pan continuously to make the balls round. Remove the meatballs to a "warm" serving dish or bowl as you start the next batch. When the meatballs are all fried, clear skillet with water and save this pan juice.

Gravy (White gravy):

Pan juice  
1 tablespoon flour  
1 cup heavy cream  
Salt to taste  
White pepper to taste

Mix flour and cream, add to pan juice, stirring constantly, and simmer 10 minutes. It makes a white cream gravy. Add more cream if you like - we do. Then season to taste. Place meatballs in a warming hot deep serving dish and pour gravy over them.

Brynne Johnson Solowinski  
(Mrs. Roy Solowinski)

\* \* \* \*

"Meat eaten without either mirth or music is ill of digestion."

Sir Walter Scott

\* \* \* \*

"Tell me what you eat and I will tell you what you are."

Brillat-Savarin

## HAKKEBOF

(Ground Round Steak-burgers)

"Hakkebof is a Danish dish from way back and is my husband's favorite.

A little story goes with them. In 1952, when my husband came back from his ordeal with the sea, one newspaper reporter asked where we were going to dine. I said, 'At home.' He then asked what I was going to cook. I answered, 'My husband's favorite dish.' Not believing we would dine at home, he followed us and came to the back door to see if I had told the truth. After tasting it, he decided he liked Hakkebof very much."



(Author's Note:

Captain Kurt Carlsen's ordeal began on December 21, 1951 and lasted thirteen days. He was accorded honors and praise by governments everywhere for his heroic fight in his attempt to save his ship, "The Flying Enterprise," during its battle with the unrelenting fury of the Atlantic Ocean.)

\* \* \* \* \*

1-1/2 pounds ground round steak  
3 medium onions  
1/2 cup flour  
Salt and pepper to taste  
1 can of consomme  
1 can of water

Form into patties, using a knife on a board so as not to pack the meat. Dip patties in mixture of salt, pepper and flour on both sides. Prepare the onions by peeling and cutting into thin slices. Brown in hot butter, or oil, and remove from skillet. Add more butter, or oil, to the skillet and fry the burgers on both sides; remove from skillet. Add remaining flour to drippings. Also, add the consomme and water for making the gravy. Add 1 teaspoon soy sauce for color and replace steak-burgers in gravy just long enough to heat. Serve on meat platter in gravy and decorate with onions. Makes 6 good-sized burgers.

Agnes Sorensen Carlsen  
(Mrs. Kurt Carlsen)

\* \* \* \*

"Spread the table and contention will cease."  
Old Hebrew proverb

\* \* \* \*

"A dinner lubricates business."  
William Scott

## CHOPPED LIVER

Mrs. Tanzman writes that this recipe is a particular favorite of her husband, Mr. Norman Tanzman, State Assemblyman, of Woodbridge.

\* \* \* \* \*

1 pound liver,  
                    or 8 chicken livers  
1 large onion, raw  
3 hard boiled eggs  
3 tablespoons chicken fat  
3 tablespoons cold water  
Salt and pepper to taste



Broil the liver. Then put liver, onion and eggs through food chopper or food grinder. Season to taste. Add chicken fat and water. Mix thoroughly to form a fine paste.

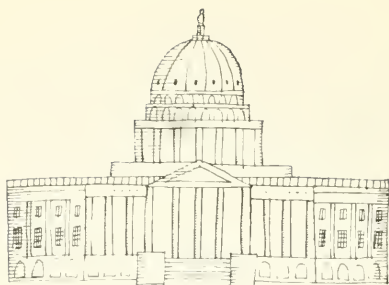
Marion Tanzman  
(Mrs. Norman Tanzman)

\* \* \* \*

"Tis not the meat, but the appetite

Makes eating a delight."

Sir John Suckling



## VEAL LOAF

This is a favorite of Senator Case and his family.

\* \* \* \* \*

3 pounds veal  
1/2 pound salt pork (ground together)  
6 crackers  
3 eggs  
1 teaspoon salt  
1 teaspoon pepper

In a large bowl combine the ground meat, eggs, and crackers (crumbled fine). Add seasonings and mix very thoroughly. Form into an oblong loaf in a medium-size roasting pan. Bake in a 300 degree oven for 3 hours, starting with the oven cold. Serve loaf cold, sliced thin.

Clifford P. Case  
United States Senate  
New Jersey



## SZEKELY GOULASH

This delicious dish is well known on the Continent of Europe and is a constant favorite at the Reo Diner in Woodbridge. The name, Szekely, applies to a regional group of people located in the Hungarian Province of Erdely, better known as Transylvania. The dish was introduced to this country by Hungarian immigrants and by Continental chefs.

\* \* \* \* \*

2 pounds lean leg of pork, cut in 1-1/2 inch cubes  
2 tablespoons fat  
5 tablespoons finely chopped onion  
2 teaspoons paprika  
1-1/2 teaspoons salt  
2 pieces bay leaf  
2 pounds sauerkraut (drained)  
1 cup sauerkraut juice  
2 tablespoons flour  
1-1/2 cups dairy sour cream

Heat fat in a large sauce pot over medium heat. Add onions and cook until soft. Add meat and seasonings, consisting of salt, bay leaves and paprika. Cover and simmer on very slow fire for 1/2 hour, stirring occasionally. After 1/2 hour, add 1 cup sauerkraut juice, drained sauerkraut and 3 cups of water. Bring to a boil, cover and simmer until meat is tender. Mix 2 tablespoons flour into 1-1/2 cups sour cream. Gradually add 1-1/2 cups cooking liquid to the sour cream mixture, blending well. Pour into sauce pot. Heat - but not to boil - about 5 minutes. Serves 6.

Arthur Bassin - Seymour Nadelman  
of the  
Reo Diner  
Woodbridge, New Jersey

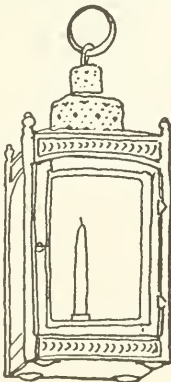
## VEAL PAPRIKA

"Here is a recipe for a dish which has been most popular in our restaurant and is featured on the menu every Monday night. It was given to us by one of my close friends who has written several cookbooks, Charlotte Adams."

\* \* \* \* \*

3 pounds veal (cut very thin)  
1 large clove garlic  
3 tablespoons butter  
1-1/2 cups water  
1-1/2 pints sour cream  
2 tablespoons paprika  
Salt to taste

Cut the veal into pieces (2 - 3 inches square). Pound it well with a wooden mallet. Cut garlic thin and saute in butter. Add veal and brown as quickly as possible over high heat. Add water and simmer gently covered, for 1 hour. Add cream, paprika and salt to taste. Allow to warm through and serve.



Gordon L. Butler  
Ho-Ho-Kus Inn, Inc.  
Ho-Ho-Kus, New Jersey

## ROLL ROUND STEAK

(With chopped meat and sausage)

1/2 pound beef, chopped	1/2 cup bread crumbs
1/2 pound sausage meat	Salt and pepper
2 eggs	Garlic

Mix together the first 4 ingredients and add the seasonings to your taste. Form into a long roll. Place it into a large slice of top round steak. Roll together and fasten with toothpicks on each end. Brown all over in a frying pan. Add 1 can of tomatoes and simmer until meat is tender.

Fay Russo Zambardi  
(Mrs. Joseph Zambardi)

## SAVORY GOULASH

2 onions, sliced  
3 tablespoons Wesson's pure vegetable oil  
1-1/2 pounds round or chuck steak, cut in cubes  
3 teaspoons paprika  
1-1/2 teaspoons salt  
1 cup hot water  
1 8-ounce can Hunt's Tomato Sauce  
4 tablespoons commercial sour cream (optional)  
Hot buttered noodles

Cook onion in Wesson oil until soft and golden. Add meat; sprinkle with paprika and salt. Stir and fry slowly until brown. Add hot water and tomato sauce; stir well. Cover tightly and simmer until tender - about 1-1/2 hours. Blend in sour cream. Heat until sauce is smooth and creamy. Serve over hot buttered noodles. Makes 4 servings.

Sadie Huber Whitaker  
(Mrs. Harold Whitaker)

## STUFFED CABBAGE

2 small heads cabbage, smooth leaves (about 5 pounds)	1 bay leaf 1 medium onion, chopped 1-pound can stewed tomatoes, strained
1-pound package sauerkraut	1 teaspoon paprika
1 pound chopped beef	Salt and pepper to taste
1/2 pound chopped pork	1 tablespoon shortening
3/4 pound small grain rice	
4 slices bacon	

Cut wedge in core end of cabbage and immerse cabbage in large pot of boiling water. Cook until just pliable - about 3 minutes. Remove from water and set aside to cool. Gently remove leaves from core.

Place chopped meat and rice into mixing bowl. In small frying pan melt shortening and lightly brown onions. Stir in paprika. Add to meat mixture. Add salt and pepper to taste. Mix thoroughly. Line bottom of large pot with 1/2 the sauerkraut and 1/2 the small leaves, shredded. Reserve rest for topping.

Pare thick stem from leaf, being careful not to cut through, and lay leaf flat. Place about 1 heaping tablespoon of meat mixture near to stem end of leaf. Roll and tuck open end into sides of roll with finger. Lay gently in pot; cover with remaining sauerkraut and shredded cabbage. Add bay leaf, strained tomatoes and just enough water to cover. Lay bacon strips on top. Bring to full boil and boil hard for 10 minutes to heat ingredients thoroughly. Reduce heat and simmer 1 hour and 20 minutes. Shake pot occasionally to prevent burning. Serves 8 to 12.



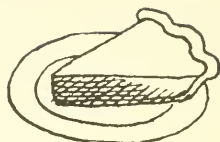
Mary Kara Bodnar  
(Mrs. Gabor Bodnar)

# *Pies and Pastries*

## *Pies*

### CREAM CHEESE PIE

2 8-ounce packages  
cream cheese  
3 eggs  
2/3 cup sugar  
1/4 teaspoon vanilla



Beat above until creamy (5 minutes). Pour mixture into greased 9-inch pie pan. Bake 50 minutes at 325 degrees. Remove from oven and cool briefly.

Mix:

2 cups sour cream  
3 tablespoons sugar  
1 teaspoon vanilla

Spread over pie. Bake 15 minutes. Refrigerate at least 5 hours.

Helen M. Pfeiffer

\* \* \* \*

"It is lyke that ye had eaten pies, --- ye are so sweet."

Anonymous

## GOOSEBERRY PIE

Many years ago, Mrs. Coby's mother was given a gooseberry plant to bring back to America after a visit to Alsace-Lorraine. Her Pennsylvania neighbors liked the berry so much that they asked for transplants. Soon the berries sprung up throughout the neighborhood. Mrs. Coby received this recipe for Gooseberry Pie from her mother, and she would like you to enjoy it too.

\* \* \* \* \*

3-1/2 cups gooseberries (fresh or canned)  
2 tablespoons quick-cooking tapioca  
1-1/2 cups sugar  
1/4 teaspoon salt  
1 teaspoon grated orange rind  
2 tablespoons melted butter  
Pastry for 2-crust pie

If using fresh berries, remove stem and blossom ends; wash and drain. Add tapioca, sugar, salt, orange rind and butter, letting mixture stand 15 minutes. Line 9-inch pie plate with pastry. Fill with berry mixture, moisten edge of pastry with water, and adjust the top crust, pressing edges firmly together. Make several slits to let steam escape. Bake in hot oven (450 degrees F.) for 10 minutes. Decrease to moderate (350 degrees F.) oven and continue baking 30 minutes longer. When cold, serve - with or without whipped cream - or, serve with hard sauce.



Clare and Coby's Inn  
Routes 9 and 34  
South Amboy, New Jersey

## ITALIAN SWEET CREAM PIE

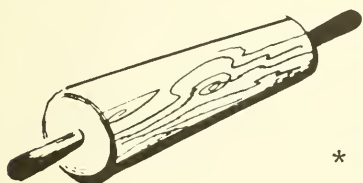
### Cream:

1 quart milk, 3 tablespoons flour, 8 egg yolks, 1 whole lemon skin, grated. Cook these ingredients in double boiler until they start to boil. Mix the following together with the above: 1 pound ricotta, 1/2 pound sugar, 1 grated lemon and juice, a few drops of vanilla extract, 6 egg yolks, and citron (if desired).

### Pastry:

1 pound flour, 1/2 pound shortening, 5 egg yolks, 1/2 cup milk, 1/2 cup orange juice, and 7 ounces sugar. Mix together. (Handle as little as possible when rolling.)

Cook until thickened in slow oven. When cooled, sprinkle with confectioners sugar or toasted cocoanut.



Betty Pesce

\* \* \* \*

Ricotta is one of several Italian soft cheeses, somewhere between our cream cheese and cottage cheese, but with a flavor all its own. In Italy, the true ricotta is made from sheep's milk by the shepherds.

\* \* \* \*

Use a light touch when grating a lemon or orange rind so there is no bitter flavor. Do not grate any of the white skin under the rind.



Ryland Inn opened in the fall of 1935. It is situated on Route 22 at Whitehouse, New Jersey, in a beautiful grove of huge, old birch trees. Legend tells us that Colonel Sanderson was the first owner and ran a stage coach line from New Brunswick to Whitehouse. Later, owners used the big old house as a summer home. From 1906 to 1935 the property became a large dairy farm.

Of the many dishes served in the Inn, a favorite dessert for many years has been:

### LEMON CHIFFON PIE

1/2 cup lemon juice	5 egg yolks
1/2 cup flour	1/2 teaspoon salt

Cook in double boiler till thickened; add 1 tablespoon grated lemon rind, and cool. Dissolve 1 package gelatine in 1/4 cup water and stir in custard mixture. Beat 5 egg whites till stiff; add 1/2 cup sugar gradually. Fold custard into beaten egg whites and pour into prepared graham cracker shell.

Shell:

1-1/2 cups crushed graham crackers	Scant 1/4 pound butter 1/3 cup powdered sugar
---------------------------------------	--

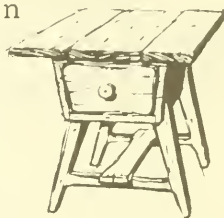
Mix well and line pie dish.

Phyllis R. Black  
Ryland Inn  
Whitehouse, New Jersey



Mrs. Caruba's "New Jersey Apple Pie" (next page) is made with real apples that are the pride of New Jersey.

In early days, however, an apple pie - without apples - was made by the Army wives who followed their officer husbands to the American West in the 19th century. They faced the difficult problem of supplying the demand for good food under difficult circumstances. From the General's wife down, the ladies soon learned to disguise the meanest ingredients.



One of the classic examples of fraud found on the frontier was a recipe of Mrs. James Biddle, wife of the Inspector General at Fort Whipple, Arizona Territory, in 1878. It was called "Apple Pie without Apples!" It was made as follows:

"1 medium can of soda crackers  
Essence of lemon  
Nutmeg  
Sugar  
Water

Soak soda crackers thoroughly in water. Warm until soft. Break carefully but not too fine. Add essence of lemon. Blend in sugar and a great deal of nutmeg; bake in pastry, with a top crust to the pie. You will feel sure it is apple pie (if you do not make it yourself)."

\* \* \* \* \*

## NEW JERSEY APPLE PIE

### Crust:

1-1/2 cups all-purpose flour

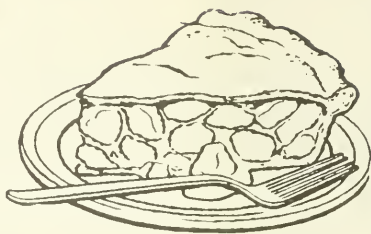
1/2 cup shortening:

(1/4 cup butter)

(1/4 cup Spry)

Pinch of salt

1/2 cup iced water



### Filling:

3 pounds tart apples, peeled and cut in slices

1/4 cup granulated sugar

Cinnamon

2 tablespoons butter

Place flour in large bowl, cut in butter and Spry; add salt and iced water to make a dry paste. Place on working area, divide dough in half and roll out 1 piece size of the pie plate (9 inches). Place in a greased pie tin and fill to overflowing with the sliced apples and pinches of the butter; sprinkle with cinnamon and sugar (to your taste). Roll out other half of dough, larger than the plate, place on top of apples and pinch edges together to hold filling. Sprinkle a bit of sugar on top and bake in a preheated (5 minutes) 400 degree oven for 30 to 40 minutes, till crust is brown and glossy.

Rebecca Caruba  
(Mrs. Robert Caruba)

\* \* \* \*

"The apple grows so bright and high,  
And ends its days in apple pie."

Samuel Hoffenstein

## PUMPKIN PIE

Pumpkin pie was featured during the Thanksgiving and Christmas holidays at the Sunrise Bakery. It was a favorite among the many residents who patronized the bakeshop, which was located on New Street in



Woodbridge. The shop was owned and operated by Emma and Louis Krewinkel for over a half century before his retirement in 1941. Taken from his handwritten collection of recipes is a copy of the ingredients and method used for making this Pumpkin Pie.

1 large can pumpkin	1/2 teaspoon mace
2 tall cans milk	1/2 teaspoon nutmeg
2 cans water (milk cans)	1/2 teaspoon cloves
1 pint fresh milk	3 tablespoons honey
1 pound sugar	1 tablespoon molasses
6 eggs	1/4 pound flour
1 teaspoon cinnamon	1 teaspoon salt
3-1/4 teaspoons ginger	3 ounces butter

Cream sugar, butter and eggs. Blend in salt and spices; add pumpkin. Mix canned milk, water and fresh milk. Blend alternately with flour to above mixture, whipping with wire beater. Add honey and molasses last. Whip constantly to insure a well-blended mixture. Pour into pans lined with pie crust. Bake in moderate oven (about 375°) until a knife inserted into the pumpkin filling comes out clean. This makes about three 9-inch pies.

Margaret Krewinkel Jost  
(Mrs. Bernard R. Jost, Jr.)

## TOASTED PECAN PIE

Formerly an old barn standing in the shadow of the historic Old Gristmill, which ground meal for Washington's forces, directly across Route 202, the Old Mill Inn was renovated in 1930 by William Childs, the famous restaurateur. Not a single change was made in the roofline or exterior walls. Throughout the building, the great beams, hand-hewn from massive old oaks, were untouched by saw or axe and left exposed to tell their story. It has the charming atmosphere of another day. Following is their recipe for their most famous Pecan Pie. This pie has been recognized throughout the country and by Gourmet Magazine as an outstanding recipe.

\* \* \* \* \*

3/4 cup soft butter

1-1/2 cups sugar

3 cups Karo syrup

3 teaspoons vanilla

9 eggs, slightly beaten

Few grains salt

3 cups chopped pecans

Cream the butter, salt and pepper. Add eggs, syrup, chopped pecans and vanilla. Pour into an unbaked pie shell and bake for 1 hour in a 350 degree oven.

Raymond M. Cantwell, Innkeeper

Old Mill Inn

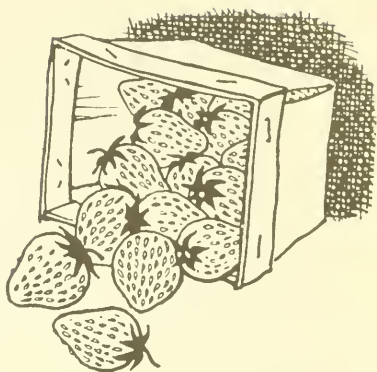
Bernardsville,

New Jersey



## STRAWBERRY PIE - GRAND!

- 1 quart strawberries,  
washed and hulled
- 1 cup white sugar
- 3 tablespoons cornstarch  
(boil 10 minutes)
- 2 packages Philadelphia  
cream cheese, creamed  
with a little milk
- 1 pie shell
- 1 pint additional strawberries
- 1/2 pint whipping cream



Line pie shell with the softened cheese, and add the whole berries. Spread the cooked mixture over all and put in refrigerator. When ready to serve, top with whipped cream.

### Shell:

- 16 graham crackers
- 3/4 cup sugar
- 1/4 pound butter

Mix well and press in pan.

Eloise R. W. Scheidt  
(Mrs. A. W. Scheidt)

\* \* \* \*

### Strawberry:

"Doubtless God could have made a better berry, but doubtless God never did."

Izaak Walton

## *Pastries*

### CREAM PUFFS

1 cup boiling water  
1/2 cup butter  
1 cup sifted flour

Mix the above and add 3 eggs, beaten, 1 at a time. Beat well after each addition. Bake for 15 minutes in a 450 degree oven; then reduce heat to 350 degrees and bake for 25 to 30 minutes longer.

#### Cream Filling:

1/2 cup sugar  
4 tablespoons flour  
1-1/2 cups milk  
2 egg yolks, well beaten  
1 teaspoon vanilla



Cook over hot water.

Mary Toth Andrascik  
(Mrs. Joseph Andrascik)

\* \* \* \*

"In New England, a custard pie is known as a 'nervous pie,' as is any pie or pastry with meringue or any pie or pastry that quivers and shakes."

Eleanor Early,  
New England Cookbook

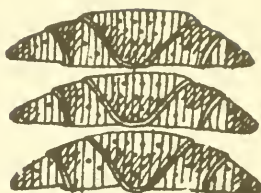
\* \* \* \*

The best sugar in the old days was often called fine "Lisbon sugar" because the best sugar came from Lisbon.

## HUNGARIAN FLAKY PASTRY

5 cups flour  
1/2 pound margarine  
1/2 teaspoon salt  
2 tablespoons sugar  
3 egg yolks  
1/2 pint sour cream

1/2 pint milk  
3 tablespoons vinegar



Mix flour and margarine, using blending mixer as you do for pie crust. Add salt and sugar. Beat 3 egg yolks and add to the sour cream and milk. Last, add the vinegar and mix. Form a soft dough and divide into two parts. Roll out each dough, 1 at a time, (flouring the board as needed) and smear with Crisco. Wrap in towel and refrigerate for 1 hour, after which you roll out the dough again and smear with Crisco, using a pound for the two parts. Refrigerate overnight. Roll out dough and cut in desired forms and fill the centers. Roll the dough lightly and handle lightly for the dough to flake nicely. Remember to roll the dough the same way. Fill with walnuts, lekvar, pot cheese, poppy seed or apricot. (See Fillings) Bake 20 minutes at 375 degrees.



Mary Szoke Prekop  
(Mrs. John Prekop)



# *Poultry, Game and Accompaniments*

## *Poultry*

### CAPON A'LA VIRGINIA



Forsgate Country Club was begun in 1930, first as a private club, but has since been greatly expanded and opened as a superb golf course to associate memberships and organizations. Forsgate food is an adventure in good eating, with fresh farm produce and their own Forsgate Ice Cream from adjacent Forsgate Farms, which was started in 1913 by Mr. James A. Forster. It is a model farm, with its pure bred cattle, scientific hatcheries and modern bottling facilities, covering 1800 lush, fertile acres. His dream is being carried on by Mr. J. Forster Abeel, his grandson.

\* \* \* \* \*



Breasts of 3 Capons (The rest of bird may be used for  
broth, salad, casserole, etc.)

6 slices ham  
6 medium-size mushroom caps  
6 halved maraschino cherries  
6 slices toast  
6 tablespoons butter  
1/2 teaspoon salt  
1-1/2 cups chicken broth  
1 tablespoon cornstarch

Bone capon breasts, cut in half, fold edges under so it forms a round mound. Bake breasts, brushed with 3 tablespoons butter, in moderate oven until golden brown (approximately 30 minutes). Add 1/2 cup broth to capon, season, cover and simmer for 1/2 hour. Dissolve 1 tablespoon cornstarch in remaining broth, add to capon, stirring constantly for 5 minutes. Saute mushroom caps in 1 tablespoon butter. When cooked (about 10 minutes) fasten on top of capon with tooth-pick, top with a cherry. Keep warm. Saute ham slices in 2 tablespoons butter. Place ham on toast, top with breast of capon and spoon sauce over.  
Serves 6.

Edward M. Burke,  
Manager  
Forsgate Country Club  
Jamesburg, New Jersey

\* \* \* \*

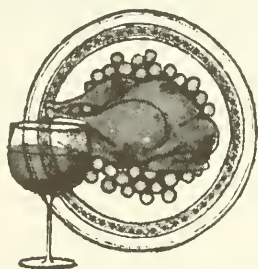
"Poultry is for the cook what canvas is for the  
painter."

Morrison Wood

## CHICKEN OREGANO

2 broilers, quartered  
2 pounds potatoes, cut lengthwise  
1 teaspoon chopped parsley  
2 teaspoons oregano  
1/4 teaspoon garlic salt  
1 sliced onion  
1 can tomato sauce  
Bread crumbs, grated cheese,  
salt and pepper to taste  
1/8 pound butter

Place chicken in center of roasting pan. Surround with potatoes. Season; pour tomato sauce over all. Sprinkle bread crumbs and grated cheese over all. Dot with butter. Pour 1 glass water in 4 corners of pan. Cover and bake 2 hours at 400 degrees.



Marie Montecalvo Ruetsch  
(Mrs. Herbert A. Ruetsch)

\* \* \* \*

Remember that a hot or cold roast bird and a good bottle of wine are just plain wonderful eating.

\* \* \* \*

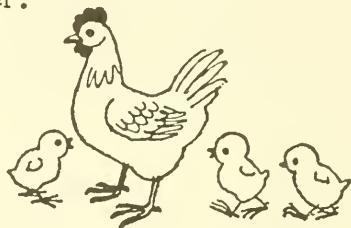
"And we meet, with champagne and a chicken, at last."

Lady Mary Wortley Montagu

## CHICKEN PAPRIKAS

3-1/2 to 4 pounds chicken	Salt and pepper to taste
1 medium onion	1 teaspoon paprika
1 tablespoon shortening	1 cup water

Cut chicken into parts to cook. Dice onion and brown in fat. Add chicken, seasonings and water. Cover and simmer until tender.



## DUMPLINGS

2 eggs	3/4 cup water
1 teaspoon salt	2 cups flour

Combine eggs, salt and water, beating well. Add flour, a little at a time. Add only enough flour to make soft dough. Let set awhile. Beat again. Drop dough by teaspoonful into 3 quarts boiling water and cook 5 to 7 minutes. Pour into colander and rinse with cold water so dumplings will not stick. Serve with Chicken Paprikas.

Jane Zelenak Ungvary  
(Mrs. Stephen Ungvary)

\* \* \* \*

President Ulysses S. Grant disliked fowl but enjoyed roast beef, boiled hominy, wheaten bread, and rice pudding. About fowl, he said, "I never could eat anything that goes on two legs."

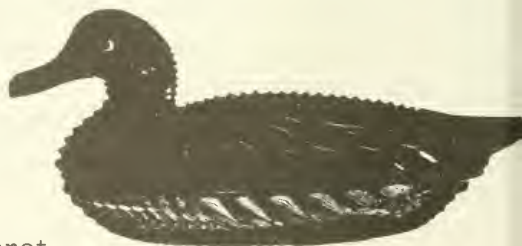
## DUCKS

Shortly after the Erie Canal was opened, Mrs. Baker's paternal great-grandmother, Catherine Anderson Baker, went with her husband by packet boat up the Hudson, by canal boat to Buffalo, and overland by wagon to Sandstone, Michigan. They were to take up land which had come to them through a Revolutionary War grant. This land was on what was called the Amity Trail, used by the Indians when they came to Detroit to get their peace gifts. Her nearest neighbor was five miles away. In her old cook book, a recipe for Pocamint Sauce (Cranberry) has this legend: "The Indians have many pocamints and will trade for some small thing. It is not necessary to gather these yourself."

\* \* \* \* \*

To stew Ducks, either Wild or Tame:

Take 2 Ducks, and half roast them, cut them up as you would for eating, put them in a Stew-pan with a little brown Gravy, a Glass of Claret, a small Onion shred very fine, and a little Salt; simmer gently for a little while till they seem tender. Thicken it with Flour and Butter to serve it up. Garnish your dish with Onion Sippets.



Caroline Bouker Baker  
(Mrs. George Baker)

## LEG OF VENISON

Put frozen leg of venison out to thaw. Pat dry. Lightly grease the bottom of the venison with safflower oil. Pat remainder of meat with flour. Mix 1 can of tomato soup with 1 can of tomato sauce and 1 soup can of water. Pour over venison. Season with garlic powder and a package of onion soup mix. Cover and bake in a 325 degree oven, one half hour per pound.



## PHEASANT

Prepare your favorite dressing. Grease outside of pheasant with margarine. Season cavity with salt, pepper, sweet paprika, onion and garlic powder. Put in the dressing and close the cavity. Melt 1/4 pound margarine; add to this 1/2 cup sherry, and use this mixture to baste the pheasant. Use natural sauce, or, for thick gravy, add flour. Sour cream can be added for additional flavor just before serving. This gravy can be used over baked potatoes.



Helen Skurka Cherris  
(Mrs. Charles Cherris)

\* \* \* \*

The general rule for cooking game birds is to roast the young ones, stew the middle-aged, and marinate and stew the elderly birds.

## *Accompaniments*

### CURRIED FRUIT

- 1 medium-size can cling peaches
- 1 medium-size can pineapple slices
- 1 medium-size can pear halves
- 1 small jar of maraschino cherries  
(with stems)

Drain fruit on paper towels and arrange in flat 1-1/2 quart casserole -- place fruit face down.

- 1/3 cup butter
- 3/4 cup light brown sugar (packed)
- 4 teaspoons curry powder

Melt butter; add brown sugar and curry powder. Spoon over fruit. Bake 1 hour, uncovered, at 325 degrees. This can be made ahead of time and warmed up for 30 minutes at 350 degrees. This can be served with chicken or other meats.

Victoria D. W. McClain  
(Mrs. Mark McClain)



## OYSTER FILLING FOR POULTRY

The original recipe for this filling was in the Philadelphia Cook Book, published in 1886 by Mrs. S. T. Rorer.

\* \* \* \* \*

A 16-pound turkey will require:

25 oysters  
1 tablespoon chopped parsley  
1 teaspoon sweet marjoram  
1 quart stale bread crumbs  
1 tablespoon butter  
1 teaspoon salt  
Pepper to taste

Drain the oysters, wash them in cold water, and drain again. Mix the crumbs, salt, pepper, parsley and sweet marjoram together; add the butter, melted, and then the oysters; and it is ready for use.



Mary Stewart Butters  
(Mrs. William L. Butters)

"The willow pattern, that we knew,  
In childhood, with its bridge of blue."  
Henry Wadsworth Longfellow



# Preserves and Relishes

## Preserves



### LEMON GELATINE JELLY

In early days, a "cold place" usually meant a cool root cellar or at the bottom of the well in a bucket, just above the water level.

\* \* \* \* \*

2 boxes Cox gelatine

3 pints boiling water

1 pint cold water

1 pound sugar

Juice of 12 lemons

Soak gelatine in cold water. Pour on boiling water, sugar, lemon juice. Stir till it boils. Take off stove and strain. Put in molds in a cold place.

Mary Prall Lee  
(Mrs. Mary Lee)

\* \* \* \*

When making jelly with added pectin, a stiffer product can be obtained by using  $\frac{1}{4}$  cup less juice. For softer jelly, use  $\frac{1}{4}$  cup more juice.



## SHERRY WINE JELLY

This recipe comes from Dewey's Wine Shop, formerly of Cortlandt Street, New York City. It is 60 years old, and possibly older.



\* \* \* \* \*

1 box Knox gelatin (4 envelopes)  
1 pint cold water  
2 pints boiling water  
3 cups sugar  
Juice of 2 lemons  
1-1/2 pints sherry wine

Soak gelatine well in 1 pint cold water; add boiling water, sugar, lemon juice and wine. When cool, put in refrigerator to set. This jelly is most refreshing to invalids and convalescents. For a dessert, it is delicious if served with whipped cream.

Daisy A. Rush

\* \* \* \*

When Sir Francis Drake, in 1587, captured the Spanish port of Cadiz, he seized, as booty, 2500 casks of sherry. He took them back to England, and, in the unloading, the dockhands noticed the words XERES(Jerez) on the casks. They called the wine zherry, or sherry, and now it is known all over the world by that name.

\* \* \* \*

Paraffining jams and jellies is not necessary if they are to be stored no longer than 2 months. Just cover glasses with tight lids and store in refrigerator.

## SPICED GRAPES

This recipe was given to Mrs. McKenna by Margaret Rosenberger, the housekeeper to Reverend Richard J. O'Farrell, who was pastor of Saint James Church from November, 1918 to October, 1932.

\* \* \* \* \*

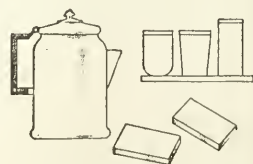
16 pounds grapes (well mashed)  
8 pounds granulated sugar  
1-1/2 pints cider vinegar  
1 ounce cloves  
1 ounce cinnamon

Boil spices in vinegar and strain. The spices should be whole to flavor sufficiently. Pinch the pulps from the skins and boil the pulp until the seeds come out. Then, strain carefully and add the sugar to it. Boil until well skimmed. Add the spiced vinegar, grape skins and juice. Boil all together until the skins are tender. Put in jars while hot. Use a wooden spoon as an iron one discolors the grapes.

Julia Weber McKenna  
(Mrs. Edward McKenna)

\* \* \* \*

When preserving homemade jams and jellies, melt wax in an old coffee pot. The wax will pour easily and neatly without messy dripping.

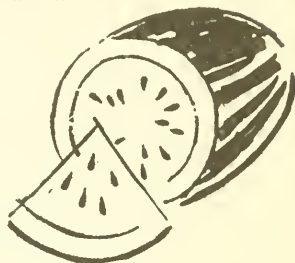


## WATERMELON RIND PRESERVE

The recipe for Watermelon Rind Preserve comes from the collection of Marie MacLoughlin Giroud (Mrs. C. A. Giroud) of Sewaren, New Jersey.

\* \* \* \* \*

4 cups diced or sliced  
    melon rind  
3 cups sugar  
3 lemons, sliced fine  
    and seeded



Peel the rind and cut into 1/2-inch cubes or strips, leaving as much of the firm, red pulp on rind as possible. Combine rind with sugar and lemon. Boil slowly about 2 hours. Juice should be thick. Place hot in hot sterilized jars. Fruit rubber-ringed jars are the best.

Jeanne Giroud Sirois  
(Mrs. Louis Sirois)

\* \* \* \*

An old and popular Southern cake was one called "Watermelon Cake," in which a rose extract was used to color the center and black currants or raisins sprinkled through it to imitate watermelon seeds. The outside was covered with a pale green icing made from pistachio nuts, often in two tones of green to imitate a Georgia melon.

## *Relishes*

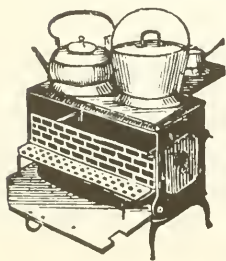
### GRANDMA TROTTER'S CHILI SAUCE (Mrs. Thomas Trotter - My great-grandmother)

This recipe will evoke pleasant memories of the delicious aroma of chili sauce wafting through the house on a lovely autumn day.

\* \* \* \* \*

36 large tomatoes (if small, use more)  
1 quart red onions  
6 large green peppers (if small, use more)  
2 large sweet red peppers (if small, use more)  
4 tablespoons salt  
4 or 5 cups sugar  
4 cups red vinegar  
1/2 teaspoon black pepper  
1 tablespoon each of ground cloves,  
cinnamon, allspice. (Place spices  
in small -- not too small -- piece  
of cheesecloth and tie as a little  
bag.)

Boil all ingredients for 2-1/2 hours, or until thick.



Edna Oberlies Jost  
(Mrs. Norbert S. Jost)

## CORN RELISH



18 ears corn - cut off cob  
4 large onions  
1 large cabbage  
1 stalk celery  
4 green peppers (sweet)  
4 red peppers (sweet)  
2 quarts vinegar

Put onions, cabbage, celery and peppers through food chopper. Cook 35 minutes. Then add:

3 tablespoons salt  
4 cups sugar  
1 teaspoon turmeric

Mix 1-1/2 cups flour with water. Make sure there are no lumps. Add to above ingredients to thicken. Cook all together for 4 minutes. Turn burner down low so mixture does not burn. Put in hot, sterilized jars and seal.

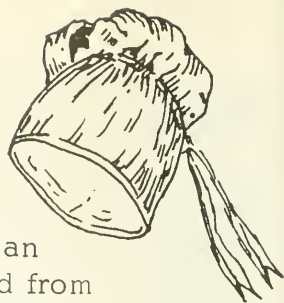
Mary Weber Keating  
(Mrs. James J. Keating)

\* \* \* \*

" . . . but the shield of the great Republic,  
The glory of the West,  
Should bear a stalk of the tasseled corn -  
The sun's supreme bequest!"

Edná Dean Proctor

GRANDMA ASHLEY'S  
COLD CATSUP  
(No cooking required)



Grandma Ashley was born Elizabeth Voorhees, a member of an old Woodbridge family. She lived from 1839 to 1921 and is buried in the old Presbyterian cemetery in Woodbridge. Miss Treen told us that in making this catsup her grandmother always recommended that September tomatoes were to be used -- not August ones.

\* \* \* \* \*

1-1/2 pints vinegar  
1/4 cup suet  
2 grated horseradish roots  
1/2 cup each of black and white mustard seed  
2 teaspoons black pepper  
2 red peppers, without seeds  
1 ounce celery seed  
1 onion, chopped fine  
1 teaspoon ground cloves  
1 teaspoon mace  
1 teaspoon cinnamon  
1 cup sugar  
2 or 3 green peppers, cut fine

Peel half peck of tomatoes, remove seeds, cut fine; drop them into a pint of cider vinegar. Combine with above ingredients. This catsup is ready to use. May be stored successfully.

Mabel E. Treen

## NEW JERSEY PICKLE

8 quarts green tomatoes  
1 dozen onions  
1 dozen sweet peppers, red and green mixed  
2 pounds sugar  
2 tablespoons mustard seed  
2 tablespoons celery seed  
2 tablespoons whole cloves

Slice tomatoes, onions and peppers very thin. Salt and let stand overnight. In the morning, drain off the juice, add spices and sugar and cover with vinegar. Place on stove and let come to boiling point. Put into sterilized jars and seal. This is a semi-sweet pickle.



Mabel DeWorth Hooper  
(Mrs. James L. Hooper)

\* \* \* \*

"Where's the peck of pickled peppers Peter Piper  
picked?"

\* \* \* \*

In 1750 only the very wealthy could use sugar. At that time sugar came in a loaf, or often in a cone-shape wrapped in blue paper. It was so expensive that it was kept in a small box, under lock and key, to which only the lady of the house had access.

### 3-DAY WATERMELON PICKLE

This old favorite is perhaps the most luscious of all fruit pickles; and watermelon is certainly one of the most American of fruits. This "receipt" comes from Lakewood, New Jersey, and is an old one in the Estelle family.

\* \* \* \* \*

7 pounds watermelon rind

Peel and remove all ripe red part from rind. Cut fruit in bite-sized pieces. Simmer fruit in water to cover until tender. Prepare syrup of:

3-1/2 pounds sugar  
1 pint vinegar  
1/2 teaspoon oil of cinnamon  
1/2 teaspoon oil of cloves

Combine and bring to boil. Cover fruit with boiling syrup; let stand overnight. Drain syrup from fruit into a pan; bring to boil. Pour again over watermelon rind; let stand for second night. Then, bring whole mixture to a boil and seal in sterilized jars. Makes about 5 pints.



Hazel E. Fynn



# *Puddings and Desserts*

## *Puddings*

AUNT ANNA BOWNE'S

STEAMED

RAISIN PUDDING

1 cup molasses  
1/2 cup butter  
1 cup milk  
1-1/2 cups raisins  
1 egg, well beaten



1 teaspoon cinnamon  
1/2 teaspoon cloves  
1/2 teaspoon salt  
2 teaspoons baking powder  
3 cups flour

Steam in bag or basin for 3-1/2 hours. Serve with your favorite sauce.

Dorothy Bowne Whitworth  
(Mrs. Dudley Whitworth)

\* \* \* \*

Many of the desserts of England have such odd and unusual names (to Americans anyway), as fish eyes (rice pudding), spotted dicks, roly-polys, dog-in-the-blanket, bland and quivering.



## BAKED RICE PUDDING

"This pudding is easy to make but requires patience for anyone who is as fond of rice pudding as I am."

\* \* \* \* \*

3 tablespoons rice  
1 quart milk  
1/2 cup sugar  
Salt  
Raisins, if desired

Place ingredients in buttered baking dish and bake at 325 degrees for 2 -3 hours. Stir occasionally and, when brown crust forms, fold into mixture. Delicious served warm or chilled.

Florence P. Dwyer  
Member of Congress  
New Jersey

\* \* \* \*

Rice Pudding: Extra good when you season with apple-pie spice. Serve with stirred custard sauce.

## GRANDMA BARRON'S PLUM PUDDING

Mrs. Samuel Barron was born in 1817 and died in 1921. On her 100th birthday, at a reception held at the home (now the Craftsmen's Club) of her daughter, Mrs. George Brewster, Mrs. Barron received 150 friends and relatives who came from far and near to honor the "Grand Old Lady." Many residents of Woodbridge will remember her granddaughter, Miss Louise Brewster, who served as librarian for many years. The library was an outright gift of the Barron family to the people of Woodbridge for all time. Hence, the name Barron Free Public Library. Miss Brewster is a descendant of Nathaniel Brewster, born in Plymouth, Massachusetts, about 1620, who was graduated from the first class of Harvard in 1642. Part of the old Barron farm is now Tisdale Place and Grove Street. Barron Avenue is also named for the family. The house on Rahway Avenue, owned by Dr. C. H. Rothfuss, was the home of Joseph Barron, who built it around 1803, and the Battman house on Cartaret Road was formerly the barn on the Barron property.

\* \* \* \* \*

- 1/2 pound suet, chopped  
fine
- 1 pound raisins
- 1 pound currants
- 2 eggs
- 1/2 loaf white bread
- 3/4 pint milk
- 1 teaspoon nutmeg
- Pinch of salt



Beat eggs, add milk and bread (broken up), and soak for 1/2 hour. Add other ingredients. Put in a well-greased pudding tin with steeple; cover tightly and place in boiling water to about 3/4 the depth of the mold. Keep water boiling at same level for 3-1/2 hours. Serve hot with Hard Sauce.

### HARD SAUCE

Cream 1 cup of butter with 2 cups of confectioners sugar and 1 level teaspoon nutmeg. Pudding can be made ahead of time and reheated for 1 hour in boiling water.

Miss Louise Brewster

\* \* \* \*



The traditional association of Plum Pudding and Christmas came into being in the reign of Henry VIII in England. Plum pudding was first known as a "plum soup" and made of mutton stock, currants, prunes, raisins and sherry. Later, bread was added to it to thicken it and it was called "plum porridge."

Eventually, it became mostly meat with suet, wheat, currants, raisins and spice added. There was a superstition that it was good luck to eat a plum pudding on each of the days between Christmas and Epiphany and one was to make a wish on the first mouthful each day. Anyone who tasted the pudding before the Christmas feast began would be in trouble for twelve months to come. In America, in the 18th century, plum puddings were always steamed and served "flaming" hot, with a sauce.

\* \* \* \*

"Let every pudding burst with plums."

Eleanor Farjeon

## BRIDE'S PUDDING

2 envelopes unflavored gelatin  
1/2 cup cold water  
1/3 cup boiling water  
6 egg whites  
1/4 teaspoon salt  
3/4 cup sugar  
1 pint heavy cream, whipped  
1 teaspoon vanilla extract  
1 can flaked cocoanut

Soften gelatin in cold water; pour over boiling water and stir until dissolved. Cool. Beat egg whites with salt until frothy; gradually beat in sugar. Continue beating until mixture holds a peak when beater is lifted. Slowly beat in gelatin. Fold in whipped cream and vanilla. Butter well a 9-inch springform pan; sprinkle thickly with cocoanut, reserving some for the top. Pour in egg white mixture; sprinkle with cocoanut. Chill for at least 4 hours.

Cut in wedges and serve with fresh or frozen raspberries. Ten to 12 servings.



Mary Cassidy  
(Mrs. Patrick Cassidy)

"Solid pudding is better than empty praise."

Old English Saying.

## HUNTERS' PUDDING

This pudding was a favorite of Mrs. Aslaksen's grandmother, Frances Simmons Togus. Her grandmother (Togus) was a daughter of an English Duke, and, when she married a commoner, he disowned her. She and her husband emigrated to Canada. Inasmuch as the Duchess could not give her daughter a proper wedding, she gave her a short veil that had been in the family. This veil has been worn for five generations of brides, and Mrs. Aslaksen was the last to wear it. Mrs. Aslaksen's grandfather, James Cowan, was the eighth generation born in the United States and was a descendant of Joseph Loomis, who emigrated from Braintree, England, in 1638, with his wife and eight children. They arrived in Boston and, later, settled in Windsor Locks, Connecticut. The Loomis School in Connecticut received its name from her family.

\* \* \* \* \*

1 cup finely chopped suet	1/2 teaspoon cloves
1 cup molasses	1/2 teaspoon mace
1 cup milk	1/2 teaspoon allspice
3 cups flour	1 teaspoon cinnamon
1 teaspoon soda	1-1/2 cups raisins
1-1/2 teaspoons salt	2 tablespoons flour

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Stone, cut and flour raisins, then add to mixture. Turn into buttered mold, cover, and steam 3 hours.

Alice Cowan Aslaksen  
(Mrs. O. Arthur Aslaksen)

## GRANDMOTHER BOWNE'S HUCKLEBERRY PUDDING



Grandmother lived in a large white house, with columns along the front, in Freehold, New Jersey. The house, which is still standing, faces the park where the monument commemorating the Battle of Monmouth stands. Mrs. Bromann is head librarian at the Barron Public Library, a position she has held for almost 25 years. She is a descendant of John Bowne, whose house in Flushing, New York, built in 1661, is called "The Shrine of Religious Freedom." It was in that old house that John Bowne invited Quakers to hold services, after Peter Stuyvesant banned Quakers and the practice of their religion. Rather than obey the mandate of the Governor and the Council to abstain from Quaker meetings, under penalty of fine and banishment to the Old World, Bowne suffered solitary dungeon confinement until set free in Holland, upon his earnest plea for tolerance and freedom for all people to worship God according to their rights and their different beliefs. Mrs. Bromann says this pudding was a great favorite of dinner guests.

\* \* \* \* \*



1 cup molasses  
1 teaspoon soda  
2 cups flour  
1 quart huckleberries  
1 teaspoon ground cinnamon

Stir soda into molasses. Put flour, spice, berries and salt together and mix. Bake with a cover. Serve with Hard Sauce made with granulated sugar.

Carolyn Bowne Bromann  
(Mrs. Fred Bromann)

\* \* \* \*

Baking soda, or saleratus, was an essential ingredient in puddings and cakes in the old days.

\* \* \* \*

"Betwixt the pudding and the pie,  
To make a choice I would be loath.  
Desire me not to tell a lie;  
I'll just have both!"

Anonymous





## INDIAN PUDDING



Indian Pudding is the oldest of all New England desserts. It was a tradition to bake the pudding on Saturday in the oven with the baked beans. Here it baked for hours in deep pudding dishes. When it was served in a soup plate, it was drowned in thick, sweet cream. Mrs. Reyder is a member of the Tappan family, early settlers of Woodbridge. She is a descendant of Isaac Tappan, who came here in 1669 and re-

ceived 172 acres in the early distribution of "Freeholds." One of her ancestors was in the group of sixteen young girls who welcomed Lafayette to Woodbridge in 1824. Another ancestor was John Hart, member of the Continental Congress and one of the signers of the Declaration of Independence; also the Reverend Joseph W. Dally, author of "Woodbridge and Vicinity," published in 1873.

\* \* \* \* \*

Cook 5 tablespoons of Indian meal in 1 quart of milk for 15 minutes. Pour mixture over 3 well-beaten eggs. Sweeten with 4 tablespoons sugar. Stir in 1 teaspoon salt and a pinch of ginger. Cook like custard.

Ruth Tappan Reyder  
(Mrs. Harry Reyder)

## JERSEY BLUEBERRY SLUMP AND GRUNT

"Slump and Grunt" is an old-time New England recipe and is supposed to have derived its name from the behavior of the men whenever this dessert was served. Instead of getting back to the farm work, they were inclined to "slump" into a rocking chair on the porch and "grunt."



\* \* \* \* \*

2 cups blueberries, washed  
1/2 cup sugar  
1 cup water  
1 cup flour, sifted  
2 teaspoons baking powder  
1/4 teaspoon salt  
1/2 cup milk (about)

Stew blueberries, sugar and water; add milk, stirring quickly to make a dumpling dough that will drop from the end of a spoon. Drop into the boiling sauce. Cook 10 minutes with cover off and 10 minutes with cover on. Serve with plain or whipped cream. Serves 4.

Apple Slump is made the same way, substituting apples for blueberries. Stew 6 well-flavored apples with 1/4 cup molasses, 1/4 cup sugar, and 1/2 cup water and proceed as above.

Edna Oberlies Jost  
(Mrs. Norbert S. Jost)

\* \* \* \*

Louisa May Alcott wrote the first part of "Little Women" at her home in Concord, Massachusetts, which she affectionately referred to as "Apple Slump," her favorite dessert

## NOODLE PUDDING

Mrs. Vogel is the wife of Robert Vogel, member of the Town Council. He is the nephew of the late Bernard Vogel, who was an Assemblyman, State Senator, and Assignment Judge in the Superior Court of New Jersey.

\* \* \* \* \*

1 pound broad noodles  
6 well-beaten eggs  
1 small container sour cream  
1 pound large curd cottage cheese  
1/3 cup sugar  
1 small can crushed pineapple  
1/4 pound sweet butter  
1/4 stick margarine  
Crushed corn flakes and cinnamon;  
dotted butter for top.

Boil noodles in salted water. Drain. Mix with all other ingredients. Butter two 9 x 13-inch baking pans. Fill each pan and cover with crushed corn flakes, cinnamon, and dot with butter. Bake for 1 hour in 350 degree oven. Can be made the day before. When cold, cut into squares and, when ready to use, put into oven for about 15-20 minutes to re-heat.

Thora Tait Vogel  
(Mrs. Robert Vogel)

\* \* \* \*

Out in Battle Creek, Michigan, at the close of the nineteenth century, Dr. Frank Kellogg was a surgeon at the sanitarium. He created a breakfast cereal of thin flakes from corn for the benefit of one of his patients who had broken her false teeth on a piece of zwieback.

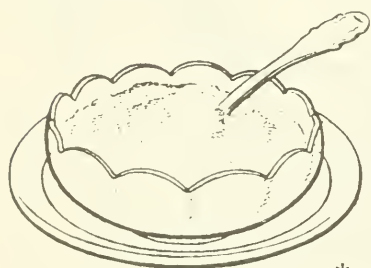
## THIN RICE PUDDING

Mrs. Demarest is an old resident of Woodbridge. She was born in the old house in Middlebush, which is now the well-known eating establishment - Colonial Farms. The late Mr. Demarest was the owner of the Raritan Mercantile Company in Perth Amboy.

\* \* \* \* \*

3 even tablespoons rice  
6 even tablespoons sugar  
1 quart milk

Flavor with nutmeg or vanilla. Bake slowly for about 2 hours.

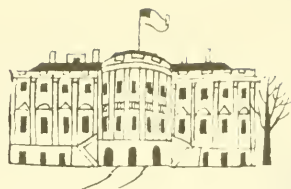


Elizabeth Voorhees Demarest  
(Mrs. M. Irving Demarest)

\* \* \* \*

Nutmeg was a favorite flavoring and nutmegs gilded and beribboned were precious gifts. Nutmegs were a luxury because the importation of them was wholly controlled by the Dutch. One of the prettiest trinkets of Colonial times was the dainty nutmeg holder, of wrought silver or Battersea enamel, just large enough to hold a single nutmeg. The inside of the cover was pierced or corrugated to form a grater.

## *Desserts*



THE WHITE HOUSE

### AMBROSIA

In mythology, ambrosia was the food eaten by Greek gods to preserve their immortality, but, to Southern people, it is the name given to a very popular dessert. In some sections, it is traditionally served for Christmas dinner. In the 18th century, ambrosia was called a "compote" because it was served in a "compotiere," from the French, meaning a dish holding a composition of ingredients. Mrs. Johnson's recipe may be varied, if desired, by adding sugar for extra sweetening and/or lemon juice for tartness. Miniature marshmallows also give Ambrosia a "little something special."

\* \* \* \* \*

After peeling and removing seeds from 4 oranges, cut sections into bite-sized pieces. Add one-half can of crushed pineapple and 1 cup of freshly grated cocoanut (or one-half can of grated cocoanut.) Mix ingredients and let stand for several hours so that they will be well blended.

Mrs. Lyndon B. Johnson

## CHOCOLATE MOUSSE



Dory Langdon Previn is our own Dorothy Langan, daughter of Mr. and Mrs. Michael Langan of Columbus Avenue. Dorothy, who was born, raised and educated in Woodbridge, has attained fame on her own as a lyricist. With her famous pianist husband,

Andre Previn, she has gained recognition for the lyrics she has written to many of his musical compositions. Mr. Previn has created musical scores for 37 films and has won two Oscars. He was selected by Life Magazine as one of the 100 outstanding young men chosen from all fields of endeavor in the United States for his work in the field of music.

\* \* \* \* \*

1/2 pound dark sweet chocolate (or chocolate bits)  
6 tablespoons coffee or water

2 tablespoons rum  
5 eggs

Cut up the chocolate roughly (if bits are not used) and put it into a pan with the coffee or water. Stir the mixture over low heat until it dissolves. Do not let it harden. Remove from heat and stir in the beaten egg yolks, the rum, and the stiffly beaten egg whites. (Blend the whites in thoroughly.) Pour into 8 small pots for serving and chill in the refrigerator at least 4 hours. (This mousse can be made, of course, a day or so ahead.)

Dory Langdon Previn  
(Mrs. Andre Previn)

## PEACH COBBLER

1-1/4 cups sugar	1 cup flour
2 tablespoons flour	2 teaspoons baking powder
1 teaspoon cinnamon	1/2 teaspoon salt
6 tablespoons butter	1/3 cup shortening
5 cups sliced peaches (fresh)	1/3 cup milk
	2 tablespoons sugar

Mix sugar, flour and cinnamon together. Place peaches in pan and sprinkle with sugar mixture and dot with butter. Make dough as for biscuits and roll out and cut size to match size of pan. Dot with butter and sprinkle with granulated sugar. Bake at 425 degrees for 30 minutes.

Virginia Anderson Goodman  
(Mrs. Gerard Goodman)

## STRAWBERRY MOUSSE

Miss Louise Huber told us that the following recipe was one of her mother's, Mrs. Adam Huber (1867 - 1937), of Woodbridge. It was made in the days before mechanical refrigeration.

\* \* \* \* \*



1 cup strawberry jelly or jam	Dash of salt
1 unbeaten egg white	4 tablespoons milk
	3/4 cup heavy cream

Beat jelly till soft and smooth. Combine remaining ingredients and beat till stiff. Add jelly; mix well. Cover tightly with waxed paper and bake in equal parts of salt and ice. Let stand for 4 hours.

Miss Louise Huber



# Salads & Dressings

## Salads      Dressings

### CARRIE MUNDY'S COLE SLAW

The Elliot Mundy family, four generations of whom lived in the old Washington house (Cross Keys Tavern), had for their traditional Saturday night supper a menu of Old-Fashioned Baked Beans, Fried Potatoes, Cole Slaw and Apple Cake!

(An interesting story behind the Fried Potatoes is that they were later called "Maggie's Fried Potatoes," a name given to them by Carrie Mundy. This name was the outcome of reading aloud Alice Hegan Rice's book, "Mrs. Wiggs of the Cabbage Patch" to her children. The character "Maggie" left an indelible impression on the children, and whenever Mrs. Mundy fried potatoes she would tell her children they were "Maggie's Fried Potatoes." These are small white potatoes which are boiled and, while still hot, are peeled, sliced and fried in drippings until lightly browned and a thin crust has formed on them. Season them to your taste.)

\* \* \* \* \*

Carrie Mundy's original recipe for Cole Slaw:

Remove heavy leaves from cabbage. Put through fine grinder the white cabbage leaves, 2 stalks of center celery, 1 medium onion and 1 small carrot. Season to taste. Whip, with fork, enough mayonnaise to be absorbed by the cabbage. Let stand in refrigerator for 2 hours, or, preferably, overnight.



Carrie Barbier Mundy  
(Mrs. Alfred Mundy)



## CHICKEN JEWEL RING SALAD

### Cranberry Layer:

- 1 envelope unflavored gelatine
- 1 cup cranberry juice cocktail
- 1 can (1 pound) whole cranberry sauce
- 2 tablespoons lemon juice

Sprinkle gelatine on cranberry juice cocktail in saucepan to soften. Place over low heat, stirring constantly, until gelatine is dissolved. Break up whole cranberry sauce; stir into gelatine mixture and lemon juice. Turn into 6-cup ring mold; chill until almost firm.

### Chicken Layer:

- 1 envelope unflavored gelatine
- 3/4 cup cold water
- 1 tablespoon soy sauce
- 1 cup mayonnaise
- 1-1/2 cups diced cooked chicken
- 1/4 cup coarsely chopped almonds, toasted

Sprinkle gelatine on cold water in saucepan to soften. Place over low heat, stirring constantly, until gelatine is dissolved. Remove from heat; stir in soy sauce. Cool. Gradually stir into mayonnaise until blended. Mix in remaining ingredients. Spoon on top of almost firm cranberry layer. Chill until firm. Unmold on salad greens. Makes 8 servings. (Note: If desired, recipe may be doubled and turned into two 6-cup ring molds.)

Mamie Doud Eisenhower  
(Mrs. Dwight D. Eisenhower)

## CUCUMBER MOLD

Mrs. Keating gives all credit and fame for this recipe to her sister, Bernadette Burke Tyrrell, of Perth Amboy, and she, in turn, gives the credit to a former co-worker at the Perth Amboy Public Library.

\* \* \* \* \*



2 packages lime Jello  
1-3/4 cups boiling water  
Juice of 1 lemon  
1 cucumber, finely chopped  
1 onion, finely chopped  
1 tablespoon mayonnaise  
1/2 pint sour cream

Mix Jello with water and lemon juice. When cool, fold in other ingredients. Pour into mold and put in refrigerator. Serves 8 to 10.

Margaret Burke Keating  
(Mrs. James A. Keating)

\* \* \* \*

"As cold as cucumbers."

Beaumont and Fletcher

\* \* \* \*

Mayonnaise (originally mahonnaise) is ascribed to the duc de Richelieu.

## TOMATO ASPIC

Mrs. Brodhead was born and brought up in Maurer, New Jersey, where the California Oil Company is now located. She is the daughter of an old resident, John Pfeiffer, who was superintendent of the Henry Maurer Brick Company for 35 years. Mrs. Brodhead recommends this recipe for all those who are calorie-minded.

\* \* \* \* \*

1 envelope unflavored gelatin  
2 cups tomato juice  
1/4 teaspoon salt  
1/4 teaspoon celery salt  
1 teaspoon Worcestershire sauce  
1 cup (8 ounces) cream-style cottage  
cheese  
Salad greens

Sprinkle gelatin over 1 cup of tomato juice in a saucepan. Stir constantly over very low heat until the gelatin dissolves and mixture is very hot. Do not boil. Remove from heat. At once add the remaining 1 cup cold (or room temperature) tomato juice, salt, celery salt, and Worcestershire sauce. Stir to blend. Turn this into individual molds and chill until set. Turn out of molds and serve with cottage cheese and salad greens, or garnish with hard-cooked eggs.

Makes 4 servings.



Gertrude P. Brodhead  
(Mrs. Garret Brodhead)

## YUM - YUM SALAD

Mrs. Reynolds is a direct descendant of Edward Fitz-Randolph, of the Fitz-Randolphs of Yorkshire, England, the founder of the family in America. He came with his mother, the Widow Fitz-Randolph, to New England in 1630 and married Elizabeth Blossom, daughter of Thomas Blossom, one of the "Pilgrim Fathers."



They came to Woodbridge around 1668. The Fitz-Randolphs were a prominent family in the history of Woodbridge from its very beginning.

One of the most famous members of the family was the Revolutionary hero, Captain Nathaniel Fitz-Randolph, whose deeds of daring and heroism made him the admiration of his friends. His name became a tower of strength to the patriot cause in this section. He was presented a sword by the Town of Woodbridge in 1778 for his patriotism, bravery and vigilance during the war.

Mrs. Reynolds is the last of the Fitz-Randolphs living in Woodbridge. She says that Yum-Yum Salad was served on Sunday nights when there were no services at the White Church. This would be served on those nights as a refreshment for their get-togethers or suppers.

\* \* \* \* \*

2 cups crushed pineapple  
1 cup sugar  
Juice of 1 lemon

Bring to boiling point. Add:

2 tablespoons gelatin, previously soaked in  
1/2 cup water.

Cool slightly.

1 cup grated American cheese, added to  
1/2 pint cream, whipped.

When pineapple is slightly cooled, add cream and  
cheese mixture. Add 2 tablespoons celery to mayon-  
naise for serving.

Mittie Fitz-Randolph Reynolds  
(Mrs. Leland F. Reynolds)

\* \* \* \*

An almond-flavored cream stiffened with hartshorn was  
gelatin's predecessor.

\* \* \* \*

"A touch of raw celery saves many a salad from  
banality."

P. Morton Shand

## FISHERS ISLAND DRESSING

Mrs. Lieber received this recipe from her commuter companion while returning home from teaching one day. Her friend's son, a Harvard Graduate, tutored the son of a wealthy summer resident of Fishers Island, which is off the coast of Connecticut. His employer wished to present him with a gift of appreciation for his services. In lieu of a pair of gold cuff links, he requested the formula and ingredients for preparing the dressing used on her salads. He wanted to give it to his mother so that she could make it for him. Mrs. Lieber has never been without this salad dressing for the past ten years. She makes it and stores it in her refrigerator and serves it to her many friends who have expressed a special liking for it.

\* \* \* \* \*

1-1/2 cups olive oil	1 teaspoon salt
3/4 cup vinegar (tarragon)	Speck of cayenne
1/2 cup sugar (scant)	3/4 teaspoon dry mustard
1/4 teaspoon pepper	1 tablespoon onion juice
1/2 teaspoon curry powder	Clove of garlic left in jar

Shake well before using. Needs no refrigeration during the winter months.

Grace Lieber  
(Mrs. Carl Lieber)

\* \* \* \*

". . . four persons are wanted to make a good salad: a spendthrift for oil, a miser for vinegar, a counsellor for salt, and a madman to stir all up."

Abraham Hayward

# *Sandwiches*

## ANNIVERSARY SANDWICH

Miss Ethel Inslee, our beloved teacher and principal who has retired after 50 years in the local school system, is one of the last members of the Inslee and Dally families and one of three living direct descendants of Janet Gage, the Revolutionary heroine for whom the local Daughters of the American Revolution Chapter was named. Her ancestor, the Reverend Joseph W. Dally, wrote a history of Woodbridge in 1873, entitled "Woodbridge and Vicinity." The recipe for "Anniversary Sandwich" is her own, and Miss Inslee has used it almost daily since she retired. Miss Inslee says, "It is tasty, satisfying, contains calories (!) and seems to agree with me (now aged 86)."

\* \* \* \* \*

Take 2 thick slices of good white bread,  
On each, use creamy peanut butter spread.  
Place a slice of boiled ham on each, if you please,  
Then, one slice of sharp Cheddar cheese.  
Press together. In an electric griddle brown.  
I'll guarantee a sandwich of renown.

Miss Ethel A. Inslee



Hans Christian Andersen wrote his fairy tales while nibbling at his favorite club sandwich (crisp bacon, tomato, liver paste with truffles, meat, jelly, and horse-radish).



## BEEF TARTARE



A favorite gourmet treat of Senator Harrison A. Williams, Jr. is Beef Tartare. In his letter, he said that "his wife tells him that the enclosed recipe has that special magic." We hope you, dear reader, think so, too.

\* \* \* \* \*

Combine:

2 pounds raw, scraped or finely chopped,  
fresh, lean filet mignon

With:

2 raw egg yolks  
1/2 cup finely chopped onions  
4 mashed anchovies

Add the following to taste:

Capers  
Chopped parsley and herbs  
Worcestershire sauce  
Olive oil  
Salt.

Serve in a mound, garnished with whole anchovies and sprigs of parsley, surrounded by small squares of pumpernickel bread.

Harrison A. Williams, Jr.  
United States Senate  
New Jersey

\* \* \* \*

The herb rosemary has a beautiful legend attached to it. When Mary and Joseph took the Infant Jesus into Egypt, Mary hung the Infant's freshly washed garments upon the drab, bristly bush to dry. So great was the gratitude of the little bush for the holy touch bestowed upon it, that it has ever since borne the sweet fragrance of the Infant's robes.



## CREOLE SAUCE

This sauce is delicious with omelette, meat loaf or shrimp.

\* \* \* \* \*

2 tablespoons chopped onion

4 tablespoons chopped green pepper

Saute in 2 tablespoons butter

1/2 cup chopped celery

1-1/2 cups canned tomatoes

1/4 cup chopped mushrooms

1/8 teaspoon salt

Pinch of pepper

Cook slowly for 5 minutes. Add onions and peppers. Bring to boil and let simmer for a few minutes.

Alice Gibson  
The William Pitt  
Chatham, New Jersey

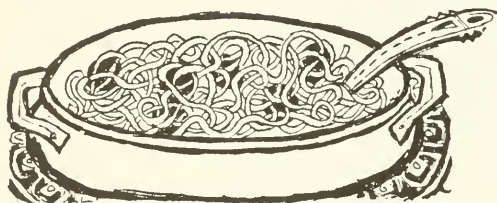
\* \* \* \*

There's an old tale that a New Jersey man was "the first white man to eat a tomato and survive." This took place in 1820 in Salem, when a Colonel Johnson said he would eat a tomato on the steps of the Court House in Salem. Crowds gathered from miles around to witness the "suicide," because people believed that with one bite of a tomato you were dead. Johnson was handed a tomato, and ate it. Then another. Then a third. And he lived!

## SPAGHETTI SAUCE

2 cans tomato paste  
1/2 can V-8 vegetable juice  
1 minced onion  
1 clove garlic, minced  
Pinch of thyme  
Dash of Worcestershire sauce

Take 1 pound of ground meat and mix in the sauce. Cook slowly. Cook spaghetti (or macaroni) separately. When both are done, mix sauce and spaghetti together and serve.



Barron L. McNulty

## IRENE'S SPAGHETTI SAUCE

Melt 1/4 pound butter. Dice 4 or 5 large onions and cook in butter until soft. Add 1 pound beef, chopped. Blend with fork and let brown. Add 2 cans tomato soup, 1 can tomato sauce, 1 soup can water, and 1 teaspoon sugar. Simmer for 3 or 4 hours. Season to taste.

Irene Gosack Tricules  
(Mrs. Theodore Tricules)

\* \* \* \*

Thomas Jefferson was the first in America to serve macaroni or spaghetti at a formal dinner. It was served with butter and cheese.

## OYSTERS-ON-THE-STICK

River's Edge is a picturesque restaurant situated on the Delaware River, at Lambertville. The original structure of River's Edge, built in 1835, was an old grist mill on the site of Coryell's Ferry, where George Washington and his men made their first crossing. On hand to greet her guests is Ann Elstner Matthews, radio's famous "Stella Dallas." Lovely old brasses and stoneware filled with flowers amid candlelit tables set the mood for dining in a charming atmosphere.

\* \* \* \* \*

The recipe for "Oysters-On-The-Stick"

Is novel, good, and reasonably quick.

Figure three sticks for each guest

Should fill even a hungry man's request.

For each stick a slice of bacon use,

And, in the following, no patience lose.

First, on the bacon, an oyster start,

And pierce it through the eye and heart

With a skewer, or a thinner stick;

Then all that's left to turn the trick

Is to thread enough oysters, say three, or fewer

To use up the bacon on the skewer.

Pepper and salt, then in butter broil

Till bacon is crisp, and this ends your toil.

"Stella Dallas"

Ann Elstner Matthews

River's Edge

Lambertville, New Jersey



## SHRIMP AND LOBSTER A LA NEWBURG



Peter Sideris is the manager of the Howard Johnson's Restaurant, located on Route 1 in Woodbridge--the Crossroads of America. It is a favorite dining spot for the people of Woodbridge, as well as for the traveler. Mr. Sideris submits this recipe for Shrimp and Lobster Newburg -- a popular Friday Night Specialty, which always elicits

the compliments of their guests.

\* \* \* \* \*

2 pounds fresh shrimp  
1 pound fresh lobster meat  
1-1/2 quarts cream sauce  
1/2 teaspoon paprika  
1/4 cup sherry wine  
Salt and pepper to taste

Parboil shrimp and lobster, strain and shell. Cut into bite-size pieces. Add to cream sauce, which has been seasoned to taste with salt, pepper and paprika. Add sherry wine. May be served over cooked macaroni or rice, or over toast. Will serve approximately 10 to 12.

Peter Sideris,  
Manager,  
Howard Johnson's

\* \* \* \*

"Consider the lobster ---

Crustacean mobster; . . .

His manners are frightful,

But, oh, he's delightful."

Missouri Traveler Cookbook

## SHRIMP GUMBO

- |                      |                            |
|----------------------|----------------------------|
| 2 onions             | 1 teaspoon sugar           |
| 4 stalks celery      | 2 tablespoons chili powder |
| 2 tablespoons fat    | 1 cup water                |
| 1 tablespoon flour   | 2 cups English peas        |
| 1 teaspoon salt      | (canned)                   |
| 2 cups tomatoes      | 2 cups cooked shrimp       |
| 1 tablespoon vinegar | 1 can crab meat            |

Cook onions and celery in fat until soft. Add salt, vinegar, sugar, chili powder and flour. Blend together good, then slowly add water. Cook for a few minutes, then add tomatoes. Let this cook for about 10 minutes. Add cooked shrimp, peas and crab meat. Serve on rice or crisp noodles.



Marguerite Haborak  
(Mrs. Raymond J. Haborak)

## SHRIMP LOUISIANA STYLE

- |                           |   |
|---------------------------|---|
| 2 tablespoons butter      | 2/3 cup heavy cream                     |
| 1 teaspoon chopped onions | 1/2 teaspoon salt                       |
| 2/3 cup boiled rice       | 1/4 teaspoon celery salt                |
| 1 cup cooked shrimp       | 3 tablespoons tomato catsup, if desired |
| Few grains cayenne        |   |

Cook butter with onions 5 minutes, stirring constantly. Add shrimp, rice and cream. Heat well; add salt, celery salt, cayenne and tomato catsup.

Margaret Lee

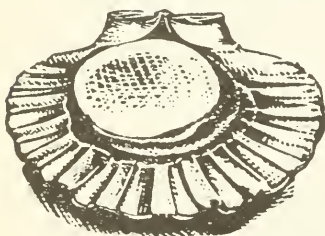
## STEAMED CLAMS AND CLAM BROTH

Soft clams are used so generally for steaming that they are usually called "steamers." These are a favorite of August F. Greiner, affectionately known to everyone as "Augie." A former Mayor of Woodbridge, he served our community for 18 years, holding the office of Mayor from 1933 to 1951.

\* \* \* \* \*

1 peck soft clams or small hard clams  
2 or 3 cups water  
1/4 pound butter, or more, melted  
Dash pepper, Worcestershire sauce,  
or cider vinegar

Add water to clams in kettle and steam, tightly covered, until the shells open. Strain broth left in the kettle and serve hot in bouillon cups or small glasses. Remove clams from kettle with perforated spoon to large soup plates. Serve with individual dishes of melted butter. If liked, add a few drops of Worcestershire sauce, or cider vinegar, to the butter. Lift each clam from the shell by the black neck and dip into butter and eat all but the neck.



August F. Greiner

\* \* \* \*

"A pint of milk, some pepper to your Notion,  
And clams need salting, although born of ocean."

W.A. Croffut

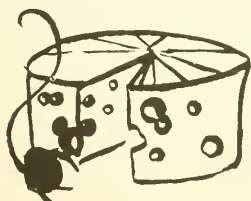
## STUFFED CLAMS

On that memorable day of November 11, 1620, when the "Mayflower" swung around the tip of Cape Cod and anchored in the harbor there (now Provincetown Harbor), the 102 passengers who had lived for more than three months on hard tack, salt horse (beef), dried fish, cheese and beer were ravenous for fresh food. Coming ashore, they prowled the beach for shellfish and found great quantities of clams and quahogs and had a great feast. Clambakes were invented by the Indians and were adopted quickly by New Englanders.

\* \* \* \* \*

1 can minced clams  
1/2 cup fine bread crumbs  
1/2 teaspoon garlic powder  
2 - 3 slices Swiss cheese  
1/2 stick melted butter  
1 tablespoon chopped parsley  
8 to 10 scallions, chopped fine  
Grated Parmesan cheese  
1/2 can clam liquid

Combine clams, using 1/2 liquid in can, bread crumbs, parsley, garlic powder, scallions, and Swiss cheese. Mix well. Place in clam shell. Top with grated cheese and sprinkle with paprika. Bake 10 minutes and put under the broiler for 2 minutes.



Helen Gadek Bopp  
(Mrs. Frank Bopp)



# *Soups & Chowders*

## *Salads*

### BEEF SOUP WITH MEAT BALLS

#### Beef Broth:

1 pound chuck beef	1 small onion
1 soup bone	2 carrots
4 quarts cold water	3 tomatoes, cut up, <u>OR</u>
3 stalks celery	1/2 can tomatoes
Few sprigs of parsley	Salt

Place meat in a large kettle with soup bone, cold water and salt. Bring to boil. Remove topping that forms on surface of water. Add vegetables. Cover kettle and cook over low flame about two hours, or until meat is tender. Strain broth and put in a kettle to boil.

#### Meat Balls for Soup:

1/2 pound chuck, chopped	3 tablespoons bread
1 tablespoon grated Italian cheese	crumbs
1 teaspoon parsley	Salt
1 egg, well beaten	Pepper

Mix all ingredients thoroughly and shape into tiny balls about the size of marbles. Have beef broth boiling and drop meat balls into broth and cook about 15 minutes. While mixture still boils, add one cup of acini pepe (fine soup pasta) or fine noodles. Cook until pasta is cooked to your liking. Serve with a sprinkle of grated cheese.

Rose Verna Daddio  
(Mrs. Frank Daddio)



## CREAMED BEAN SOUP

1 pound green or wax beans  
2 teaspoons butter or  
    margarine  
1 pint half-and-half cream  
2/3 cup flour  
1 tablespoon vinegar,  
    white or cider  
Salt and pepper to taste  
2 quarts water (approximately)



Wash beans and cut into 1-1/2-inch lengths. Melt butter, add beans, salt and pepper to taste, and just enough water to cover beans. Cover and simmer until beans are tender -- about 20 minutes. While beans are cooking, mix flour and cream into a smooth paste. When beans are cooked, add the 2 quarts of water and bring to full boil. Slowly add cream mixture, stirring constantly until soup again comes to full boil. Add vinegar; stir and turn off heat. Vinegar must be added last to prevent curdling. Cooking time is about 1/2 hour. Serves 6 to 8.

Elsie Bodnar Carstensen  
(Mrs. Earl Carstensen)

\* \* \* \*

When you have odds and ends of vegetables left over, cook them together. Reserve the cooking liquid and press the vegetables through a fine sieve. Add cooking liquid and vegetable puree to well seasoned thin white sauce for a nutritious soup.

## HUNGARIAN CHICKEN SOUP

- 1 3-pound chicken, whole or cut
- 1 medium onion, peeled
- 6 carrots, scraped
- 4 celery stalks and leaves
- 1 small can stewed tomatoes
- 2 tablespoons salt (or more to taste)
- Pinch of black pepper
- 1 teaspoon paprika
- 6 medium potatoes, peeled
- 6 sprigs parsley
- 1 package fine egg noodles

Heat 6 quarts of water in a large pot. Add chicken and bring slowly to a boil, skimming the broth until no excess appears on the surface. Reduce heat. Add seasonings, onion, celery, carrots and stewed tomatoes. Cover the pot and simmer gently for an hour. Add peeled whole potatoes and parsley. Continue cooking until potatoes are done. Strain the broth and serve with the cooked egg noodles. Reserve the meat, potatoes and carrots and serve as a separate course. Note: 1-1/2 pounds of beef chuck and bone may be substituted for chicken to make beef broth.



Mary Bodnar Molnar  
(Mrs. George Molnar)

\* \* \* \*

"Too many cooks spoil the broth."

## HURRY-UP BEAN SOUP

This recipe was given to Mrs. Thomas by her mother-in-law and is a great boon to today's homemaker who must resort sometimes to food which can be quickly prepared.

\* \* \* \* \*



Saute 1 small onion, chopped, in bacon drippings. Add 1 tablespoon flour and brown.

Add 1 16-ounce can of your favorite brand of pork and beans and 1 can of water. Flavor with vinegar to your taste.

Heat and serve. For variety, add noodles.

Mary Skurka Thomas  
(Mrs. Charles Thomas)

## VEGETABLE SOUP

2-1/2 pounds of short ribs	1 small parsnip, cut up small
1 cup diced carrots	
1 cup diced onions	1 cup fresh string beans, cut in 1/4-inch pieces
1 cup fresh peas	
1 cup celery, diced	4 quarts water

Soak meat 15 minutes. Trim loose fat. Boil meat for 2 hours, until almost tender. Put in all vegetables. Add 2 level tablespoons of salt. Cook at least 1/2 hour on medium heat. Put in 1 cup of alphabet noodles. Cook about 10 minutes more. Add 1 large can of tomatoes and 1 teaspoon of sugar.

Mary Zelenak Young  
(Mrs. Peter Young)

## WINDSOR'S FAMOUS BEAN SOUP

"Many years back, while a member of that famous Old 'Lucky Eight Hunting Club,' composed of Woodbridge Township residents, I had the good (or bad) fortune of cooking for the boys. In cooking for a group of 10 men - especially in the deep woods during the cold winter months - you have to come up with something that will stay close to the ribs. I started out from scratch with a bean soup and have been making it, in large quantities, ever since. Friends ask me again and again: 'Windsor, when are you going to make some of that famous bean soup of yours?' The secret in a good bean soup lies in the fact that the mixture must simmer for 8 to 10 hours to get all the goodness and taste out of it. Whether you make 2 quarts or 20, it still must simmer. I usually make about 12 to 13 quarts, and what we don't eat we give away, after freezing it in 1-quart containers."

\* \* \* \* \*

- |   |                          |
|---|--------------------------|
| 4 pounds marrow beans (Pea or Navy beans are all right, but I prefer marrow.) |                          |
| 5 nice-sized ham hocks (or large bone covered with ham or left-over pieces)   |                          |
| 2 bunches celery, chopped, (including leaves) and throw them in the pot       |                          |
| 2 large cans tomatoes   | 3 large green peppers,   |
| 2 large onions, chopped fine  | chopped fine             |
| 2 tablespoons paprika   | Salt and pepper to taste |

Put all the ingredients in a large pot. Add necessary water, bring to a boil, and then cut down to a simmer. Simmer for 8 to 10 hours. (If you like the smell of bean soup, the odor will permeate your house for the day. If you don't, make sure the windows are open!)

Windsor J. Lakis

## *Chowders*

### CORN CHOWDER

1 can cream-style corn  
1 pint milk  
1 tablespoon flour  
3 raw potatoes  
3 onions  
4 strips of bacon  
Salt and pepper



Dice raw potatoes and cook in small amount of water, until done but not soft. Cut bacon in small pieces and fry until crisp.

Remove bacon and brown onions which had been cut fine, and add flour. To the above potatoes, add the corn and milk. Heat until hot; add bacon and onions. Add salt and pepper. (If thinner chowder is desired, add more milk.)

Irene Bolster Stern  
(Mrs. Konrad Stern)

\* \* \* \*

A pinch of sugar in any soup sharpens the flavor but doesn't make soup taste sweet.

\* \* \* \*

"Never thrust your own sickle into another's corn."

Publilius Syrus

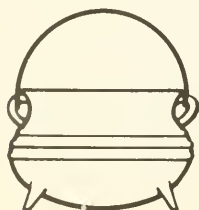


## MAINE CLAM CHOWDER

1/4 pound salt pork, cut into 1/4 inch cubes  
2 medium-size onions, chopped coarsely  
1 quart shucked clams (solidly packed)  
8 medium-size potatoes, cut into small pieces  
Salt and pepper to taste  
1 quart milk  
4 teaspoons flour  
Cold water

Brown salt pork cubes in chowder kettle. Add chopped onions and cook 3 minutes. Lay clams and potatoes in alternate layers over onion, then add enough cold water to cover potatoes and onions. Heat to boiling, then simmer until potatoes are tender. Add cold milk and, when the chowder again boils, add the flour, which has been mixed to a smooth creamy texture with cold water, and continue boiling until the chowder thickens, stirring steadily. A dash of thyme, added with the salt and pepper, is pleasing to many. 8 servings.

Chowder is improved by standing a few hours to blend after preparation. Reheat and serve.



Margaret Chase Smith  
United States Senate  
Maine

# Vegetables

## BAKED LIMA BEANS

Mrs. Mary G. Roebling, of Trenton, was chosen by Governor Hughes as one of the ten outstanding women in New Jersey. She is the foremost woman banker in the United States and serves as Chairman of the Board of the Trenton Trust Company.

\* \* \* \* \*

2 cans Cook's dried lima beans  
(No. 1 can)



1/2 pound salt pork  
6 slices bacon  
6 ginger snaps  
Salt and pepper to taste

Cut salt pork in small pieces and fry. Place alternate layers of beans, salt pork and crumbled ginger snaps in a greased casserole. Sprinkle each layer with salt and pepper. Lay slices of bacon over beans and bake in oven (350 degrees F.) for 25 minutes. This will yield 4 to 6 portions.

Mary G. Roebling

\* \* \* \*

"For nothing keeps a poet  
In his high singing mood  
Like unappeased hunger  
For unattainable food."  
Joyce Kilmer

## BOSTON BAKED BEANS

Miss Wolk says that she was born and raised in Massachusetts, where brown bread and baked beans were - and still are - the traditional foods for Saturday night. She does not believe you could find baked beans on a menu in and around Boston, except on Saturdays. She remembers her home with its big, old-fashioned New England kitchen and pantry. The main attraction was a big, old-fashioned coal stove with the name "Glenwood F." written on it. Each Friday morning the stove was blackened and polished and the nickel trim shined to such brightness that you could see yourself in it. Her mother put the beans in the oven on Friday evening, and they baked slowly all night and most of Saturday. Good results can be obtained in today's gas and electric ovens, however, there is no substitute for the old-fashioned earthenware bean pot! Her mother's recipe follows:





Soak overnight in cold water, with a little baking soda added, 1 quart of California pea beans. Drain in the morning; add fresh water and simmer until tender, about 2-1/2 hours. Drain and save liquid.

Place in a 2-quart bean pot, in layers:

Fat ("Since we are Jewish, mother used beef fat and, in recent years, a Jewish 'bacon' called 'Bake 'n Fry,' which is really plate beef, thinly sliced and hickory smoked. Others may use salt pork.")

2 slices onion

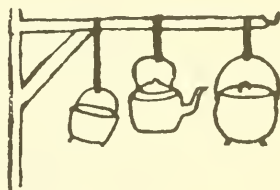
Mix together:

1/3 cup molasses, dark

2 teaspoons salt

1/3 teaspoon pepper

1/2 teaspoon powdered mustard



Pour over the beans and add just enough of the bean liquid to cover beans. Have oven temperature 300 degrees. Cover pot and bake no less than 8 or 9 hours. Take the cover off for the last half hour of baking and draw the fat to the top. If the beans appear a little dry, add a little more boiling water.

Ruth Wolk

## CABBAGE PUDDING

"I have no idea where this recipe came from originally, but this was the meat-vegetable dish (plus potatoes, of course) at a dinner I ate in the home of a widow from the Midwest. She had very little money but was one of those resourceful people who could put a good meal on the table, regardless."

\* \* \* \* \*

1 small head cabbage  
1 teaspoon salt  
1 small thinly sliced onion fried lightly  
in 1 tablespoon butter  
2 slices baker's bread, or one 1-inch  
slice of homemade bread  
1 pound ground meat  
2 eggs  
1/2 cup milk  
1-1/2 teaspoons salt  
Dash of pepper and nutmeg

Cut cabbage in half. Place 2 halves in saucepan with 1 teaspoon salt. Cover with boiling water and cook 5 minutes to loosen leaves.

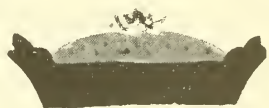
### Meat Filling:

Cook onion in butter. Soak bread in cold water and squeeze dry (wring, she said!). Mix together with your hands the meat, eggs, milk, bread and seasonings. Grease a round pan, 8" x 3-1/2" deep, or baking dish, with straight sides. Put in 1 layer (about 1/3 of the cabbage leaves); spread with 1/2 of the meat mixture. Add another layer of cabbage and meat. Top with last layer of cabbage (each layer should be approximately

1 inch thick). Cover and set in a pan of water. Bake for about 3-1/2 hours in a 300 degree oven. When done, carefully remove cabbage liquid in a dish. Turn cabbage pudding out on a platter and pour Sauce over it to look like an icing. Serve in wedges.

Sauce:

1 cup milk (scalded)  
1 teaspoon salt  
4 tablespoons butter  
4 tablespoons bread flour  
1 cup liquid from cabbage



Add scalded milk to 1 cup cabbage liquid (or enough to make 2 cups). Melt butter and rub in bread flour. Add warm liquid gradually. Add salt. Thicken over moderate heat. Boil for at least 3 minutes. Stir constantly.

Esther Robertson Austen  
(Mrs. Percy S. Austen)

\* \* \* \*

No matter what the recipe, never start cooking while the kitchen lacks salt, onion or a lemon.

\* \* \* \*

"The discovery of a new dish does more for the happiness of mankind than the discovery of a star."

Anselme Brillat-Savarin

## CELERY ROOT REMOULADE

For many years the voices of Dora and Alfred McCann of the radio program, "The McCanns at Home," over Station WOR, have been coming into the homes of millions of listeners in New Jersey. Their informal manner and informative food news have endeared them to all. Mrs. McCann tells us that this recipe may be used as an appetizer or first course. It is one of her favorites and is to be found in Craig Claiborne's "An Herb and Spice Cook Book." He is the Food Editor of the New York Times. "So good and so simple," she says.



\* \* \* \* \*

2 medium celery knobs  
3/4 cup mayonnaise  
1 tablespoon Dijon or Dusseldorf  
mustard  
Lemon juice to taste

Pare celery knobs. Cut into slices about 1/16 inch thick and cut the slices into strips as thin as tooth-picks (or thinner); in other words - Julienne. Combine mayonnaise, mustard and lemon juice. Add celery knob strips. Let stand in refrigerator for several hours till serving time. Serve as an appetizer or a first course on crisp lettuce leaf.

Dora McCann  
(Mrs. Alfred W. McCann)

\* \* \* \*

In 1382, Philip, the Bold, Duke of Burgundy, granted to the town of Dijon (noted for its mustard) armorial bearings with the motto "Moult me tarde" (Multum ardeo, I ardently desire). The arms and motto were adopted as a trademark by the mustard merchants and got shortened into Moultarde (to burn much).

HALUSKA  
(Potato Dumplings)



5 medium potatoes,  
grated  
1 egg  
Salt and pepper to taste

Blend above ingredients. Add enough flour to make a stiff mixture (about 2-1/2 cups). Scoop out a teaspoonful of dough at a time - the size of a walnut - and drop into salted boiling water. Cook until the dumpling rises to the top of the water, about 20 to 30 minutes. Remove from water, place into a colander and rinse with cold water to prevent dumplings from sticking.

Brown 1 large chopped onion in butter. Rinse and drain 1 medium-sized can sauerkraut. Add to browned onions. Put in dumplings and heat. Serve hot. This is a meal in itself.

Doris Sereda Bernai  
(Mrs. John Bernai)

\* \* \* \*

"Gravy and potatoes  
In a good brown pot ---  
Put them in the oven  
And serve them very hot."

Appley Dapply's Nursery Rhymes  
by  
Beatrice Potter

The Nassau Inn,  
 Jersey, was es-  
 It was a regular  
 coaches that  
 New York and  
 decor is Colonial  
 furnishings date back to Colonial days.



in Princeton, New  
 tablished in 1756.  
 stop for the stage-  
 traveled between  
 Philadelphia. Its  
 and many of the

The following recipe has been made famous by their  
 chef, Joe Forgues, internationally recognized food  
 authority.

\* \* \* \* \*

## OLD FASHIONED CORN PUDDING

1 pound ground corn  
 2 quarts milk  
 10 whole eggs

Mix above ingredients.

1 teaspoon vanilla	4 ounces sugar
1 teaspoon salt	2 ounces pancake flour
1/2 teaspoon nutmeg	1 ounce cornstarch

Bake 1-1/2 to 1-3/4 hours in 325 degree oven in  
 double pan with water. Serves 12 persons.

William G. Bohm  
 Nassau Inn  
 Princeton, New Jersey

## SOYER POTATO

The white potato was a native of South America and came to the United States by way of Europe in 1719. It was not commonly used until the 19th century. History records that Sir Walter Raleigh introduced the potato to Ireland when he planted them on his estate there. Although the following recipe is named Soyer, Mrs. Baker does not know if it was named after Alexis Soyer, a famous French chef who served Queen Victoria and the British Court. Soyer authored several cook books, of which the most popular was one called "A Shilling Cookery for the People" and it sold 100,000 copies.

Note that the recipe below uses the word "shilling" to describe the piece of potato to be cut out. The recipe was found in an old cook book of the 1820's called "The Gentlewoman's Housewifery," owned by Catherine Anderson Bouker, great-great-grandmother of Mrs. Baker. Mrs. Baker still uses the recipe today.



\* \* \* \* \*



Take a large Potato and cut out a round Piece as big as a Shilling through the Potato; put in the Scoop and take out some of the Inside, fill this with Sausage Meat or Veal. Cover the Hole with Part of what you cut out and Bake with cut Part Upmost. Sometimes, hurriedly, bake first with skins on, then stuff and brown.

Caroline Bouker Baker  
(Mrs. George Baker)

## STUFFED MUSHROOMS

1 pound fresh mushrooms (large caps preferred)  
1/4 pound margarine or butter  
1 large onion, chopped  
1/2 cup sliced celery  
2 slices white bread,  
    broken into pieces  
1/2 teaspoon salt  
Pepper  
Chopped parsley  
    (optional)



Pick over, wash and drain mushrooms. Trim ends and break stems from caps. Melt margarine in heavy frying pan; add onions, celery and sliced mushroom stems. Simmer, turning frequently until onion is clear. Do not let them brown. Add bread pieces, salt and pepper and turn until blended. Place a spoonful or so of dressing in the cup side of each mushroom, packing lightly and mounding. Place in large shallow pan; pour in about 1/4 inch of water in bottom of pan to keep mushroom from sticking. Bake in oven for about 20 minutes at 350 degrees.

Jean Kreger Bowers  
(Mrs. Albert F. Bowers, Jr.)

\* \* \* \*

Cultivated mushrooms need not be peeled.

\* \* \* \*

Among the ancient Egyptians, an onion ring was the symbol of everlasting life.



# *Out of the Past Receipts & Remedies*

## *Receipts*

\* \* \* \* \*

In the 17th Century, Gervase Markham, in his book of "Countrey Contentments," London, 1623, put down these requirements for a good cook:

"First, she must be cleanly, both in body and 'garments'; she must have a quick eye, a curious nose, a perfect taste, and a ready ear. She must not be butter-fingered, sweet-toothed, nor faint-hearted; for the first will let everything fall, the second will consume what it should increase, and the last will lose time with too much niceness."

\* \* \* \*

The colonial dames found a useful combination for doing their household chores in a mixture of half a cup of vinegar and a tablespoon of salt or wood ashes.

\* \* \* \*

A "deseart" (dessert) dish often served in Edinburgh by Lady Baillie around 1717 was a "Nun's Cake" which called for 35 eggs. It required beating for 2 hours and then baked for 3 hours.

\* \* \* \*

Cough Medicine:

1 teaspoonful alum

2 teaspoonfuls sugar

Work until smooth and give quickly as possible; will relieve croup.

Mrs. T. B. Wheelock's  
"My New Recipe Book," - 1912.

\* \* \* \*

Cough Syrup:

This recipe is 150 years old. It was taken from the handwritten cookbook of Emily Cutter Prall and submitted by Mary Prall Lee, her daughter.

Pour 1 quart of spring water on 2 ounces of wild cherry bark. Let it stand 48 hours. Strain and add 1 pound of loaf sugar and 1 pint of Jamaica Rum and bottle it.

## *Remedies*

The following is vouched for:

Grind 1 ounce corrosive sublimate; put into a strong bottle. Add 1 ounce of camphor gum. Pour on 1 pint oil of turpentine. Shake occasionally. Should be fit for use in 36 hours. Flies may be driven out of the house by dropping a few drops on a hot stove lid.

\* \* \* \*

Attach a piece of flannel or sponge to a thread made fast to the top of the bedstead; wet the flannel or sponge with camphorated spirits and the mosquitoes will leave the room.

\* \* \* \*

Ground cloves will drive away ants.  
Gum camphor will drive away mice.

\* \* \* \*

To cure an earache, soak feet in warm water; roast an onion and put the heart of it into the ear as warm as can be borne; heat a brick and wrap it up and apply to the side of the head. When the feet are taken from the water, bind onion on them.

\* \* \* \*

The worst toothache, or neuralgia, coming from the teeth may be speedily and delightfully ended by the application of a bit of clean cotton saturated in a solution of ammonia to the defective tooth. Sometimes the late sufferer is prompted to momentary laughter by the application, but the pain will disappear. (1887)

\* \* \* \*

Sufferers from asthma should get a muskrat skin and wear it over their lungs with the fur side next to the body. It will bring certain relief. (1887)

\* \* \* \*

Chicagoans had a curious treatment for croup in the city's early days. They sent the afflicted child to sit and breathe for an hour in the gashouse.

\* \* \* \*

A corn may be extracted from the foot by binding on half a raw cranberry, with the cut side of the fruit upon the corn.

\* \* \* \*

"I find the medicine worse than the malady."

John Fletcher



## CROSS AND KEYS INN

Built long before the Revolutionary War, the Cross and Keys Inn (Cross Keys) stood on the northwest corner of Amboy Avenue and Main Street, which was the main stage road between Philadelphia and New York. It was used for the Town Meetings from 1824 to 1848. The Post Office was established in Woodbridge in 1791, with John Manning as postmaster and the Inn as the location. It was here the first Liberty Pole was erected. The most eventful day for the old Inn was April 22, 1789, when George Washington, on his way from Mount Vernon to New York for his inauguration as first President of the United States, arrived in Woodbridge during the afternoon. He was accompanied by Governor William Livingston and was escorted to the tavern by the Woodbridge Cavalry, Captain Ichabod Potter commanding. Washington remained overnight as the guest of the Innkeeper, John Manning. His stopover was revealed in an expense account. On the morning of April 23, Washington left for New York, escorted by the militia and the citizens of town. In 1824, another famous visitor to Woodbridge was entertained at the Inn. General Lafayette was visiting the United States, and he passed through the village on his way to Philadelphia. This famous old building is still standing on James Street, unmarked and forgotten of its past glory.

\* \* \* \*



### ELM TREE TAVERN

A famous tavern, known as the Elm Tree Tavern, conducted by Thomas, James and Charles Jackson was located on the west side of the road to Rahway Avenue. A part of it still stands at 531 Rahway Avenue. This inn was the location for Town meetings from 1800 to 1820 under the Jacksons and from 1821 to 1823 under Henry Potter. The Tavern received its name from the ancient elm tree which stood in front of the old Tavern. It was cut down in 1837. The hollow trunk measured 32 feet in circumference and 15 men stood upright within it. Professor James Stryker founded a school in the building called the Elm Tree Institute. It was said Mr. Stryker delivered the address of welcome to Lafayette on his visit to Woodbridge in 1824. Later it was sold to Thomas H. Morris, who conducted a school there for many years. Today the building serves as a rooming house.

\* \* \* \*



## PIKE HOUSE

The Pike House stood on the opposite corner of Samuel Moore's Tavern. It was called by that name because the turnpike roads to Rahway and Blazing Star (Carteret) passed its front door at the southwest corner of Green Street to Uniontown (Iselin). It was also said to have been named for Zebulon Pike, the discoverer of Pike's Peak, who spent his boyhood in Woodbridge. His father was Colonel Zebulon Pike, of Woodbridge, who had distinguished himself in the Revolutionary War. Up to this old Inn and its high porch came the stage coaches, with their load of passengers and mail. The horses were watered at the old watering trough. After a pause, the stage coaches started out again on their way to nearby towns and on to Philadelphia. In 1848, when the Cross and Keys (Cross Keys Tavern) ceased to operate as a tavern, the Town Meetings previously held there were transferred to the Pike House, where these annual meetings were held until 1874. In the 1930's, the old Pike House, later known as the Woodbridge Hotel, was demolished.

\* \* \* \*

\* 217 \*





## SAMUEL MOORE TAVERN

One of the first taverns was set up in 1683 in the Province of East Jersey by Samuel Moore, of Woodbridge, who served as Town Clerk for twenty years and chosen deputy five times. Moore's Tavern occupied the site where Dr. Ellis B. Freeman's drug store stood in 1873, which would fix the location at the corner of Green Street and Rahway Avenue. At the tavern, in the year 1730, the first cup of tea in the State was drunk by a group of ladies. Among them was Mrs. Van Cortlandt, Mrs. Campyon and her daughter, who became Mrs. Cutter. Later, the Tavern became a general store, with Jeremiah TenEyck as proprietor. During the Civil War, it was the Post Office, where the daughter of Jeremiah TenEyck served as the first telegrapher in this section. It then became the location of the fashionable millinery shop where the elite of the town had their bonnets made. Later the butcher shops of Turner Brothers and Mr. A. L. Huber were located here.



## THE ROWLAND HOUSE

On the northwest corner of Green Street stood the old Rowland House, which was at one time an Inn. This location was commonly referred to by the townspeople as Rowland's Corner. It was a pleasant old-fashioned house, the larger part consisting of two stories and the smaller a story and a half, with small windows tucked under the eaves. This was the taproom. It is said that the stage coaches drove up and turned around at the corner of the Inn. This is perhaps why Green Street is so wide at this point. Philip Brown was the innkeeper. There is a story told about William Dunlap, of Perth Amboy, and the Inn. William Dunlap was the most important figure in the early dramatic history of America. When he was sixteen years of age, he painted a portrait of Washington, which became famous. Dunlap is said to have walked to Woodbridge to take the stage at Rowland's Corner. When he reached the Inn, the stage had gone and no one seemed to be awake. He entered the Inn and, finding no one around, took a candle, went upstairs, found a vacant room, and went to bed.

\* \* \*

## ACKNOWLEDGMENTS

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Plan of Woodbridge, 1867. Note that Main Street was once called Philadelphia Avenue.

# INDEX

## BEVERAGES

### Cocktails:

Pink Squirrel.....	1
White Mink.....	1

### Punches:

Big Apple.....	9
Champagne.....	2
Cherry Kijafa.....	6
Daiquiri.....	4
Evergreen Bowl.....	5
Fruit.....	2
Jack Rose.....	7, 8
Pocamint Party.....	5
Quaker Drink.....	3
Rum Fruit.....	4
Scobeyville.....	8
Traditional Egg Nog.....	8
Veranda.....	3

### Tea, Coffee and Juice:

Iced Tea.....	10
Irish Coffee.....	12, 13
Viennese Coffee.....	11
Tomato Juice.....	14

## BREAD

### Yeast:

Babka.....	16
Beer.....	17, 18
Lambertville House Hot.....	19, 20
Old-Fashioned Raisin.....	21, 22
Rusks.....	23

### Sweet:

Banana Nut.....	25
Date and Nut.....	25
Grandmother Hughes' Irish "Toley"...	29, 30
Irish Soda.....	26
Nut.....	24
Pumpkin.....	31
Spoon.....	27, 28

### Biscuits:

Enriched Bread.....	32
Leaf Cakes.....	33
"Pa Van's" Crackers.....	34

## Buns:

Cinnamon .....	35
Prune .....	36

## Waffles and Pancakes:

Griddle .....	37
Old-Fashioned Raised Buckwheat .....	37
Palacsinta .....	38
Pierogi .....	39
Pound .....	40, 41

## CAKES

### Coffee:

Dr. Gilbreth's .....	43, 44
German .....	42
Sour Cream .....	45, 46
Swedish .....	47

### Sweet:

Aebleskiver .....	48
Apple .....	49, 50
Aunt Phoebe's Chocolate .....	54
Banana .....	51, 52
Carrot .....	53
Cocoanut Layer .....	53
Coffee Fruit .....	59
Cup, 1.2.3.4 .....	57
Danish Sand Torte .....	58
Dark Fruit .....	62
Devil's Food .....	60
1882 Duval .....	61
Flummery .....	76
Fresh Cocoanut .....	57
Graham Cracker Nut .....	63
Jane's Pound .....	72
Layer .....	64
Lebanon County Peach .....	67
Lopped Milk .....	66
Mrs. Frank R. Valentine's Chocolate ..	55, 56
My Grandmother's Molasses .....	65
Nut Torte .....	82
Pan di Spagna .....	77
Pineapple Upside Down .....	68
Pound .....	71
Prunella .....	74
Queen Elizabeth .....	75
Quick Tomato Soup .....	80, 81
Raisin Loaf .....	74
Strawberry Hill Pound .....	73
Sunny Velvet .....	78
Sunshine .....	79
Whipped Cream .....	58

## CASSEROLES

### Macaroni:

Easy Lenten .....	83
Savory Spaghetti .....	84

### Meat:

All-in-One Meal .....	85
Hamburger en Casserole .....	86
Smoked Ham .....	85

### Poultry:

Chicken Pot Pie .....	87, 88
Mexican Enchiladas .....	89

### Seafood:

Crab Meat Au Gratin .....	90
Fish and Vegetable Pie .....	91
Scalloped Scallops .....	92
Tuna-Olive Macaroni Loaf .....	93

### Vegetable:

Baked Mushroom .....	96
Buffet String Bean .....	94
Potatoes Au Gratin .....	95

## COOKIES AND CONFECTIONS

### Cookies:

Almond .....	97
Black Walnut .....	97
Brownies .....	98
Clifford Tea .....	99
Congo Bars .....	100
"Estelle" Rocks .....	110
German Nus Stangel .....	101
Italian Filled .....	102
Jelly-Meringue .....	103
Meringue Miniatures .....	104
Peanut Butter .....	105
Pecan Crescents .....	101
Pineapple Cuts .....	106
Raspberry Squares .....	109
Rocks .....	108
Whiskey Horseshoes .....	111

### Confections:

Chocolate Fudge .....	112
College Fudge .....	112
Million-Dollar Fudge .....	113

## FROSTINGS AND FILLINGS

### Frostings:

Alma Gluck .....	114
Boiled .....	115
Cream .....	115
Crunch Cloud .....	116

Lopped Milk .....	117
Low Calorie Whipped Cream .....	117
Maple Butterscotch .....	118
Pauper's Whipped Cream .....	118
Prunella.....	119
7 Minute .....	119

#### Fillings:

Chocolate .....	120
1882 Duval .....	121
Fresh Cocoanut .....	121
Layer Cake Orange .....	122
Pierogi Cheese.....	123
Pierogi Potato.....	123
Pot Cheese Filling for Hungarian Flaky Pastry.....	122
Valentine's Chocolate.....	123
Walnut Filling for Hungarian Flaky Pastry.....	122

#### MEATS

Beef Stroganoff.....	125, 126
Chopped Liver.....	131
Hakkebof.....	129, 130
My "Auntie" Ella's Swedish Meatballs.....	127, 128
Peppered Steak.....	124
Roll Round Steak .....	135
Savory Goulash .....	135
Stuffed Cabbage.....	136
Szekely Goulash .....	133
Veal Loaf.....	132
Veal Paprika .....	134

#### PIES AND PASTRIES

##### Pies:

Cream Cheese .....	137
Gooseberry .....	138
Italian Sweet Cream .....	139
Lemon Chiffon .....	140
Mrs. Caruba's "New Jersey Apple Pie.....	141, 142
Pumpkin.....	143
Strawberry Pie - Grand! .....	145
Toasted Pecan .....	144

##### Pastries:

Cream Puffs.....	146
Hungarian Flaky.....	147

## POULTRY, GAME AND ACCOMPANIMENTS

### Poultry:

Capon Ala Virginia.....	148, 149
Chicken Oregano .....	150
Chicken Paprikas.....	151
Ducks.....	152

### Game:

Leg of Venison .....	153
Pheasant .....	153

### Accompaniments:

Curried Fruit .....	154
Oyster Filling for Poultry .....	155

## PRESERVES AND RELISHES

### Preserves:

Lemon Gelatine Jelly.....	156
Sherry Wine Jelly.....	157
Spiced Grapes.....	158
Watermellon Rind Preserves.....	159

### Relishes:

Corn Relish.....	161
Grandma Ashley's Cold Catsup .....	162
Grandma Trotter's Chili Sauce.....	160
New Jersey Pickle .....	163
3-Day Watermellon Pickle .....	164

## PUDDINGS AND DESSERTS

### Puddings:

Aunt Anna Bowne's Steamed Raisin ..	165
Baked Rice.....	166
Bride's.....	169
Grandma Barron's Plum .....	167, 168
Grandmother Bowne's Huckleberry... 171,	172
Hunter's .....	170
Indian .....	173
Jersey Blueberry Slump and Grunt ...	174
Noodle.....	175
Thin Rice.....	176

### Desserts:

Ambrosia .....	177
Chocolate Mousse.....	178
Peach Cobbler.....	179
Strawberry Mousse .....	179

## SALADS AND DRESSINGS

### Salads:

Carrie Mundy's Cole Slaw.....	180
Chicken Jewel Ring.....	181
Cucumber Mold.....	182
Tomato Aspic.....	183
Yum-Yum.....	184, 185

### Dressings:

Fishers Island.....	186
---------------------	-----

## SANDWICHES

Anniversary.....	187
Beef Tartare.....	188

## SAUCES

Creole.....	189
Irene's Spaghetti.....	190
Spaghetti.....	190

## SEAFOOD

Oysters-on-the-Stick.....	191
Shrimp and Lobster Ala Newburg.....	192
Shrimp Gumbo.....	193
Shrimp Louisiana Style.....	193
Steamed Clams and Clam Broth.....	194
Stuffed Clams.....	195

## SOUPS AND CHOWDERS

### Soups:

Beef Soup with Meat Balls.....	196
Creamed Bean.....	197
Hungarian Chicken.....	198
Hurry-Up Bean.....	199
Vegetable.....	199
Windsor's Famous Bean.....	200

### Chowders:

Corn.....	201
Maine Clam.....	202

## VEGETABLES

Baked Lima Beans.....	203
Boston Baked Beans.....	204, 205
Cabbage Pudding.....	206, 207
Celery Root Remoulade.....	208
Haluska.....	209
Old-Fashioned Corn Pudding.....	210
Soyer Potato.....	211
Stuffed Mushrooms.....	212



## OUT OF THE PAST - RECEIPTS AND REMEDIES

Receipts . . . . .	213
Remedies . . . . .	214

## INNS AND TAVERNS OF HISTORIC WOODBRIDGE

Cross and Keys Inn .....	215
Elm Tree Tavern .....	216
Pike House .....	217
Samuel Moore Tavern.....	218
The Rowland House .....	219

ACKNOWLEDGMENTS..... 220









